
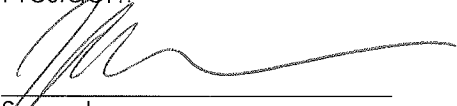


**PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON**

**SPECIAL MEETING  
February 10, 2014  
Verdant Health Commission Board Room**

<b>Commissioners Present</b>	Bob Knowles, President Deana Knutsen, Commissioner J. Bruce Williams, MD, Secretary Karianna Wilson, Commissioner
<b>Commissioners Excused</b>	Fred Langer, Commissioner
<b>Staff</b>	Carl Zapora George Kosovich Jennifer Piplic Lisa King Karen Goto
<b>Guests</b>	Scott Falkin, Project Manager Molly Wolf, Architect
<b>Call to Order</b>	The Special Meeting of the Board of Commissioners was called to order by President Knowles at 5:32 p.m.
<b>Presentation</b>	<p>Mr. Falkin presented the revised project proposal for the Verdant Community Center (E:07:14) along with the Construction Documents estimate. Mr. Falkin also explained the alternate add-ons for the building roof, the current HVAC system with upgrades, and a new HVAC system with VAV (variable air volume).</p> <p>Commissioners asked about the increase in costs from the original budget in August 2013 of \$3 million to the proposed budget of \$4.4 million. Commissioner Wilson said she was not pleased with the budget increase but she said with more details now in place, the adjustment is necessary.</p>
<b>Resolution 2014:01</b>	<p><b><i>Motion was made, seconded and passed unanimously to approve</i></b> Resolution 2014-01 specifying and adopting plans, declaring the estimated cost of and authorizing a call for bids relating to the construction of improvements to property of the district known as the Community Wellness Center.</p>
<b>Adjourn</b>	The meeting was adjourned at 6:06 p.m.
<b>Attest By:</b>	<div> _____ President</div> <div> _____ Secretary</div>

E:07:14  
2.10.2014

## **Public Hospital District #2 Special Meeting Agenda**

**FEBRUARY 10, 2014  
5:30 PM**

**Verdant Health Commission  
Board Room**

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1. Call to Order
2. Approve Resolution for construction bid notice and budget for Health & Wellness Center
3. Adjournment



# Verdant Community Center

Project Proposal

February 2014



**Ankrom Moisan**  
 6700 SW MACADAM AVE. SUITE 100  
 PORTLAND, OR 97219  
 T 503-245-7100  
 117 SOUTH MAIN ST. SUITE 400  
 SEATTLE, WA 98104  
 T 206-375-1600  
 © 2014 ANKROM MOISAN ARCHITECTS, INC.

**VERDANT COMMUNITY CENTER**  
 4710 196TH STREET SW  
 LYNNWOOD, WA  
 VERDANT HEALTH

LO PLAN

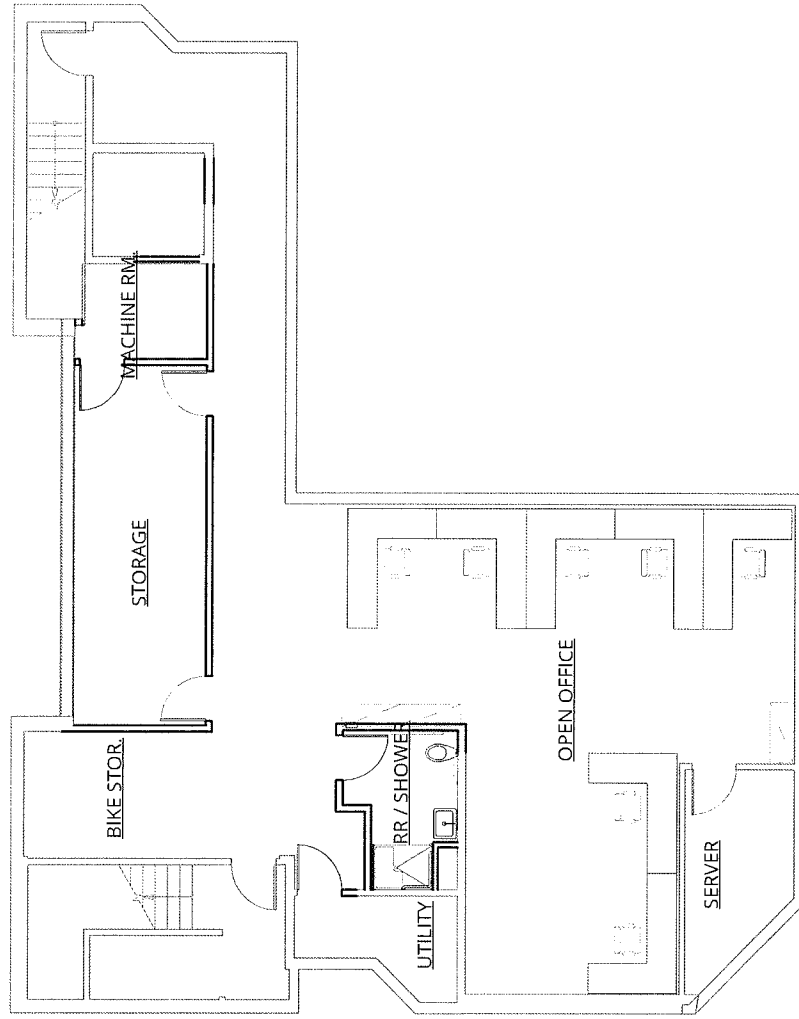
PROGRESS CD SET


DATE: 01.24.2014

PROJECT #: 130450

SCALE: 1/8" = 1'-0"

**.BASEMENT**

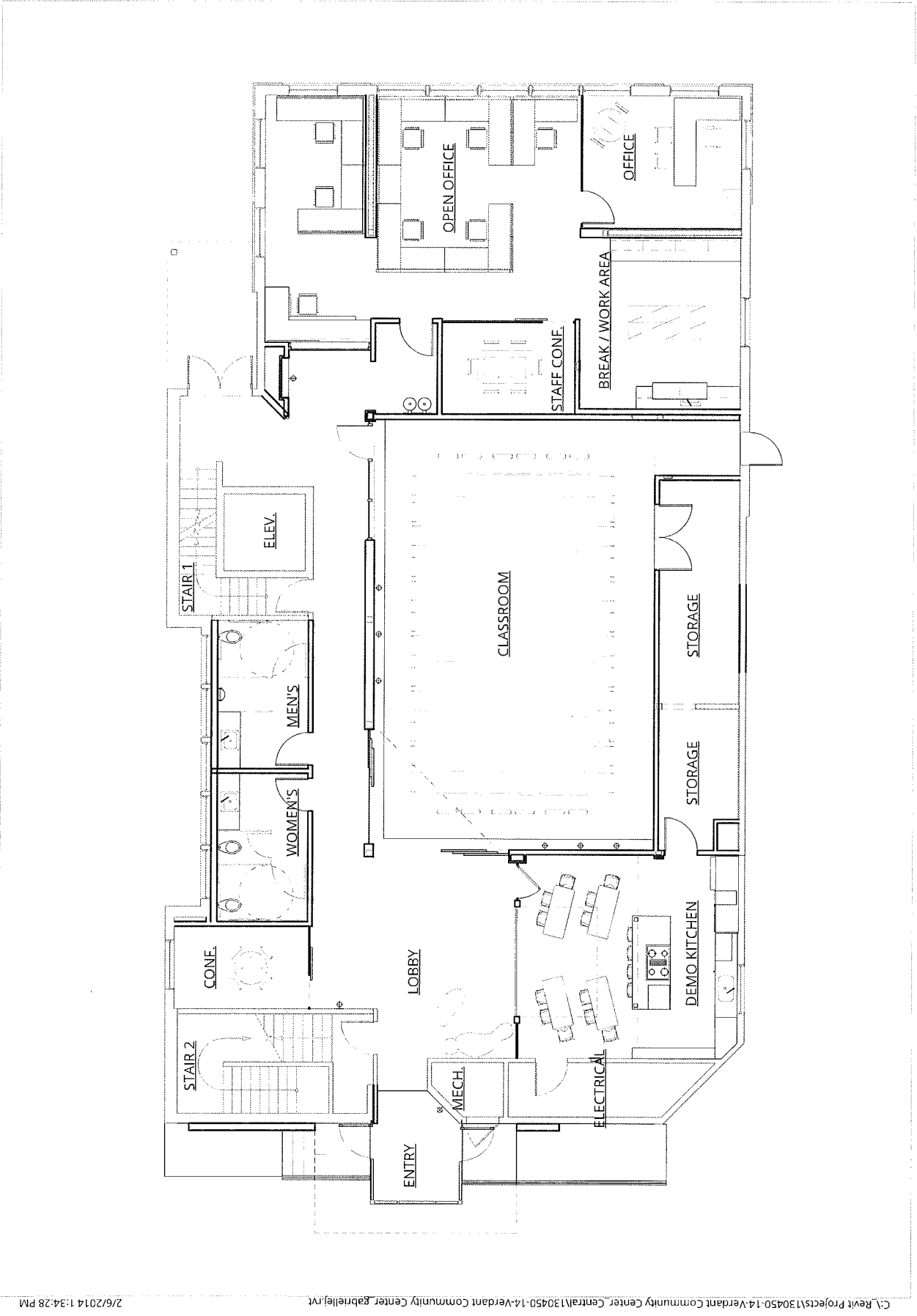




**Ankrom Moisan**  
 6720 SW MACADAM AVE, SUITE 100  
 PORTLAND, OR 97219  
 T 503-945-7100  
 117 SOUTH MAIN ST., SUITE 400  
 SEASIDE, WA 98134  
 T 206-524-1000  
 F 206-524-1001  
 P ANKROM@ANKROMARCHITECTS.ME

**VERDANT COMMUNITY CENTER**  
 4710 196TH STREET SW  
 LYNNWOOD, WA  
 VERDANT HEALTH

**LOT PLAN**  
 PROGRESS CD SET  
 DATE: 01-24-2014  
 PROJECT #: 130450  
 SCALE: 1/8" = 1'-0"  
**1ST FLOOR**





**Ankrom Moisan**  
 6720 SW MACADAM AVE, SUITE 100  
 PORTLAND, OR 97219  
 T 503-245-7100  
 117 SOUTH MAIN ST, SUITE 400  
 SEATTLE, WA 98104  
 T 206-576-1600  
 C ANKROM MOISAN ARCHITECTS, INC.

**VERDANT COMMUNITY CENTER**  
 4710 196TH STREET SW  
 LYNNWOOD, WA  
 VERDANT HEALTH

LO2 PLAN

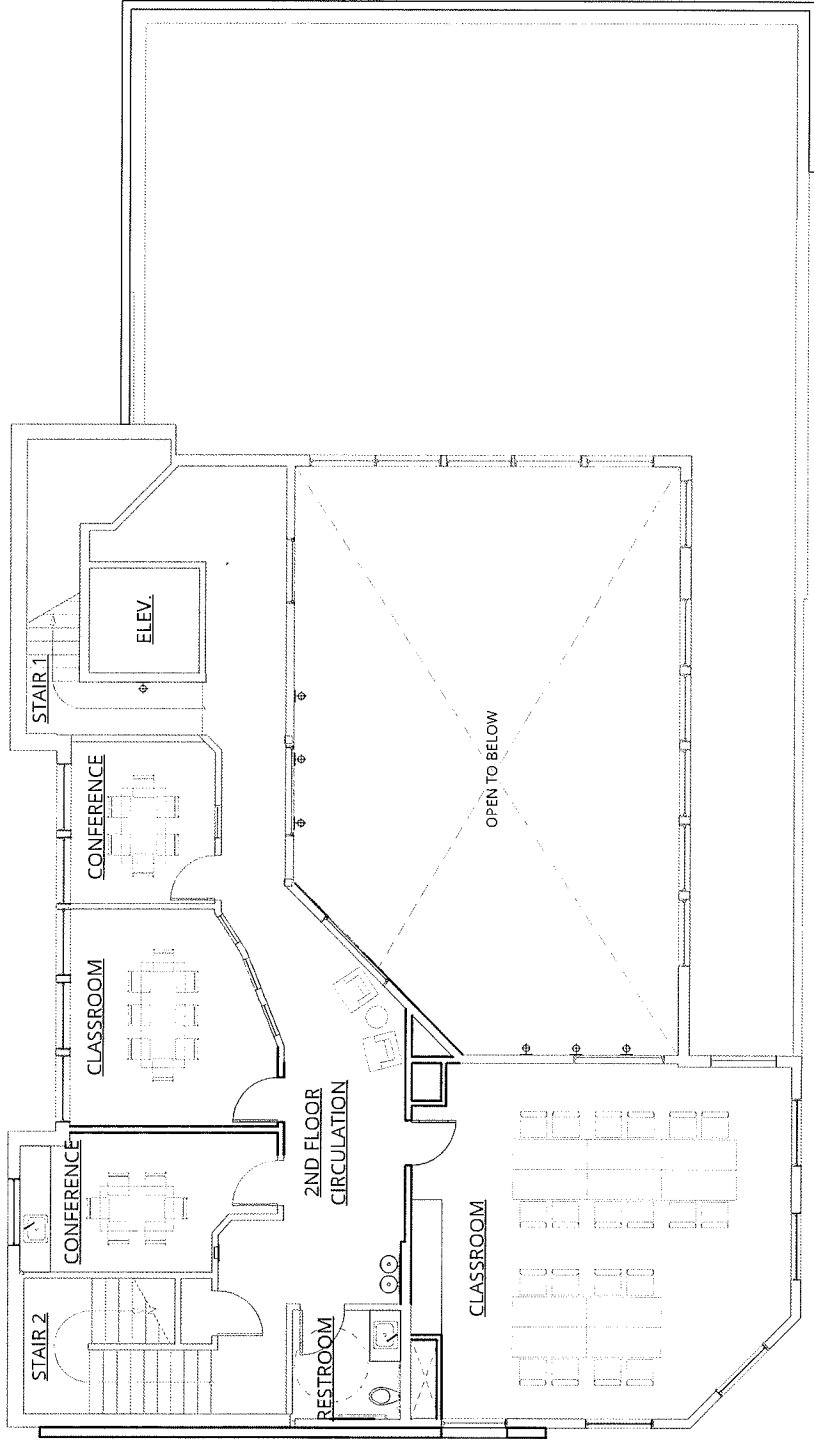
PROGRESS CD SET

DATE: 01.24.2014

PROJECT #: 130450

SCALE: 1/8" = 1'-0"

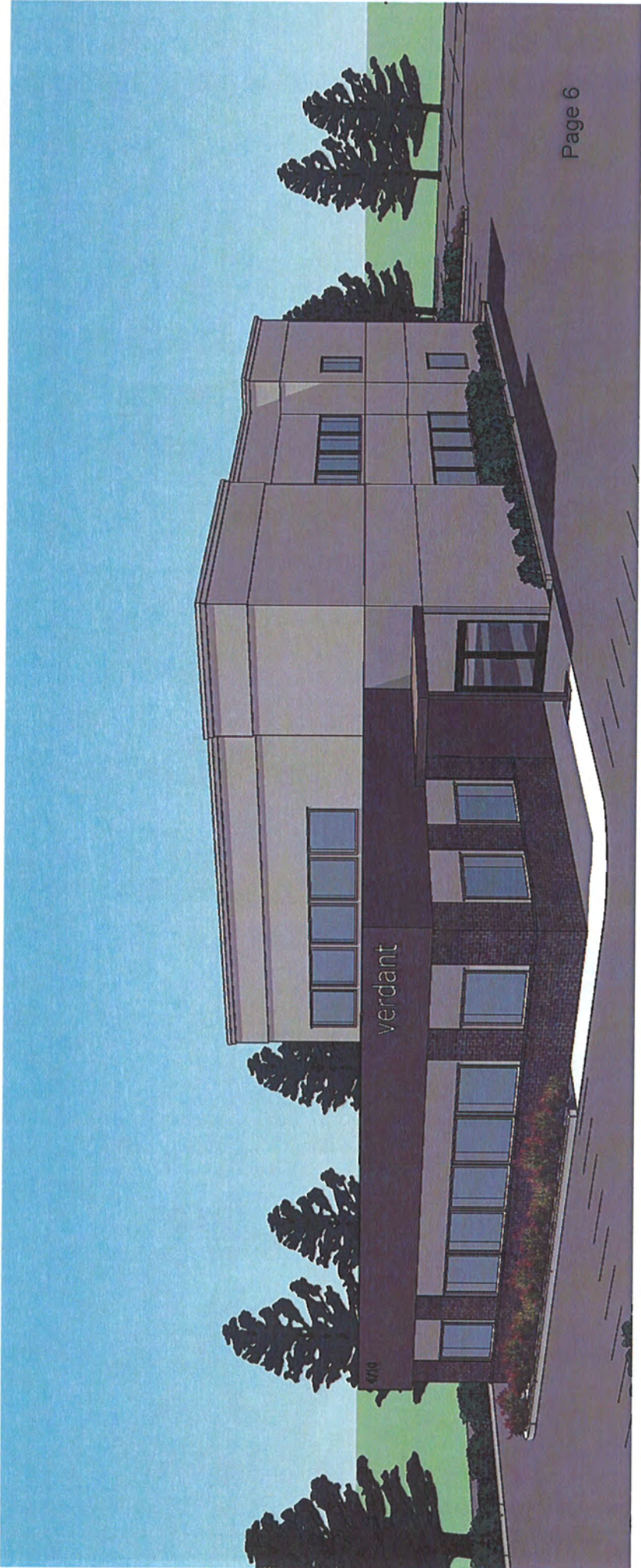
**.2ND**  
**FLOOR**



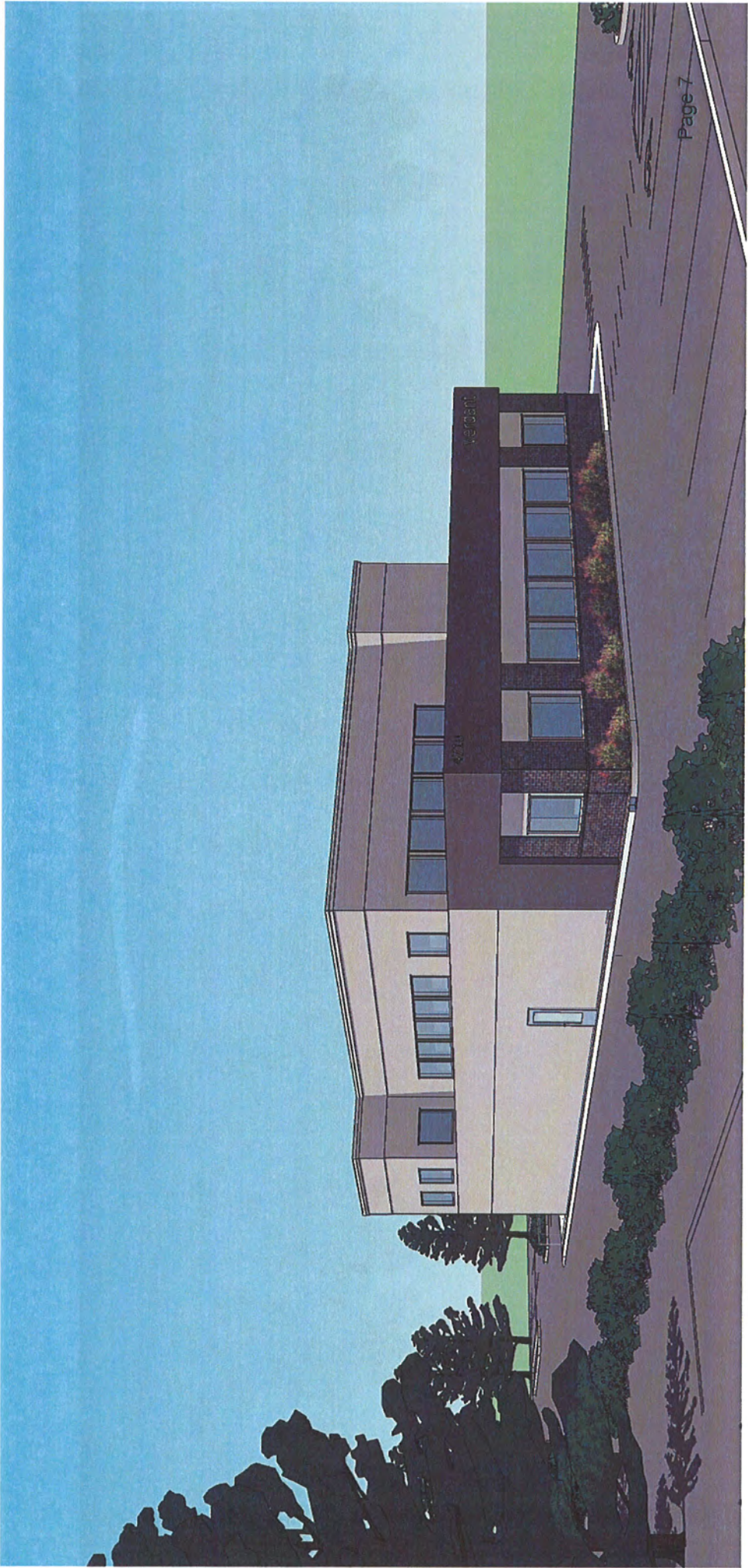








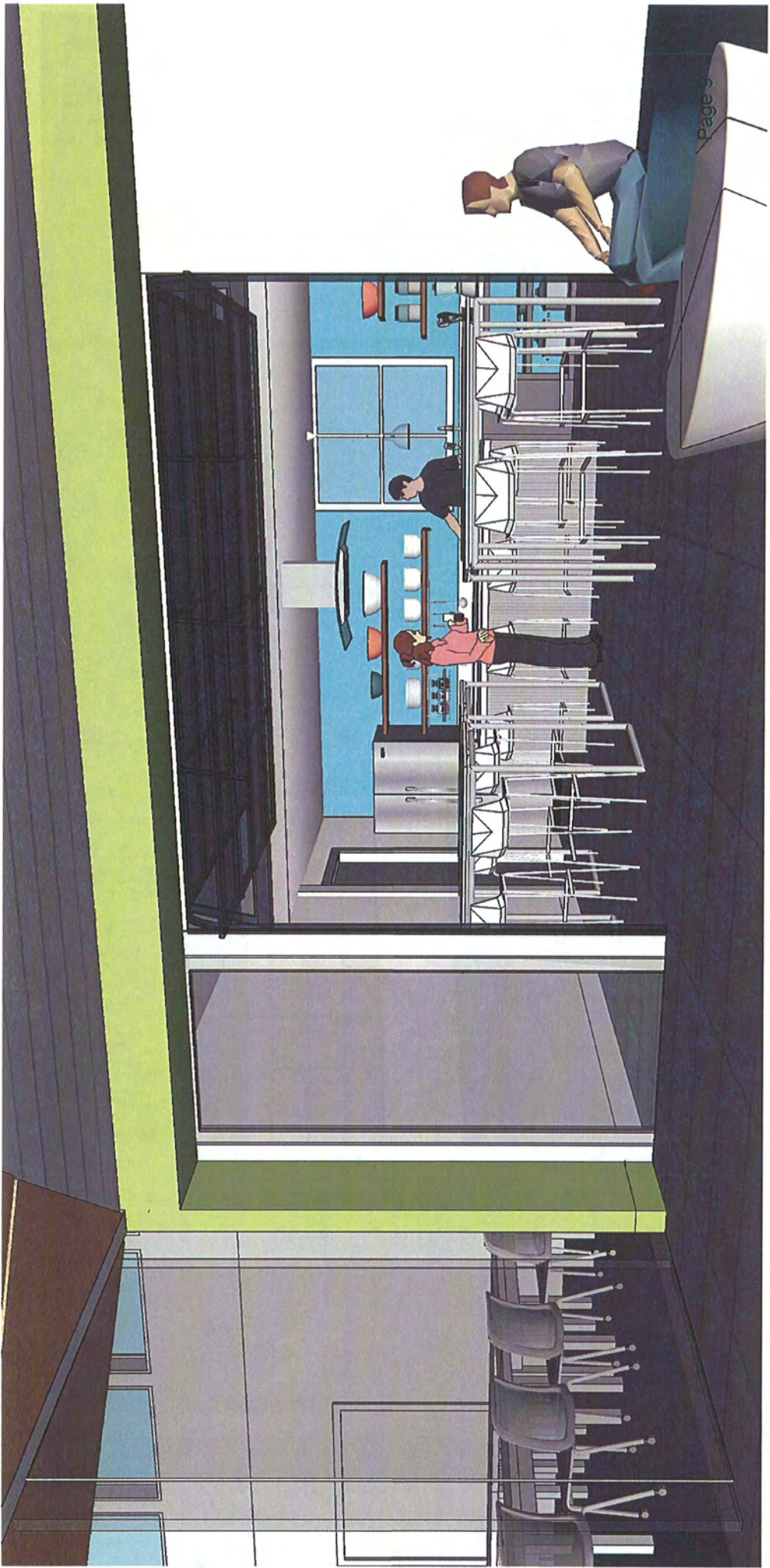




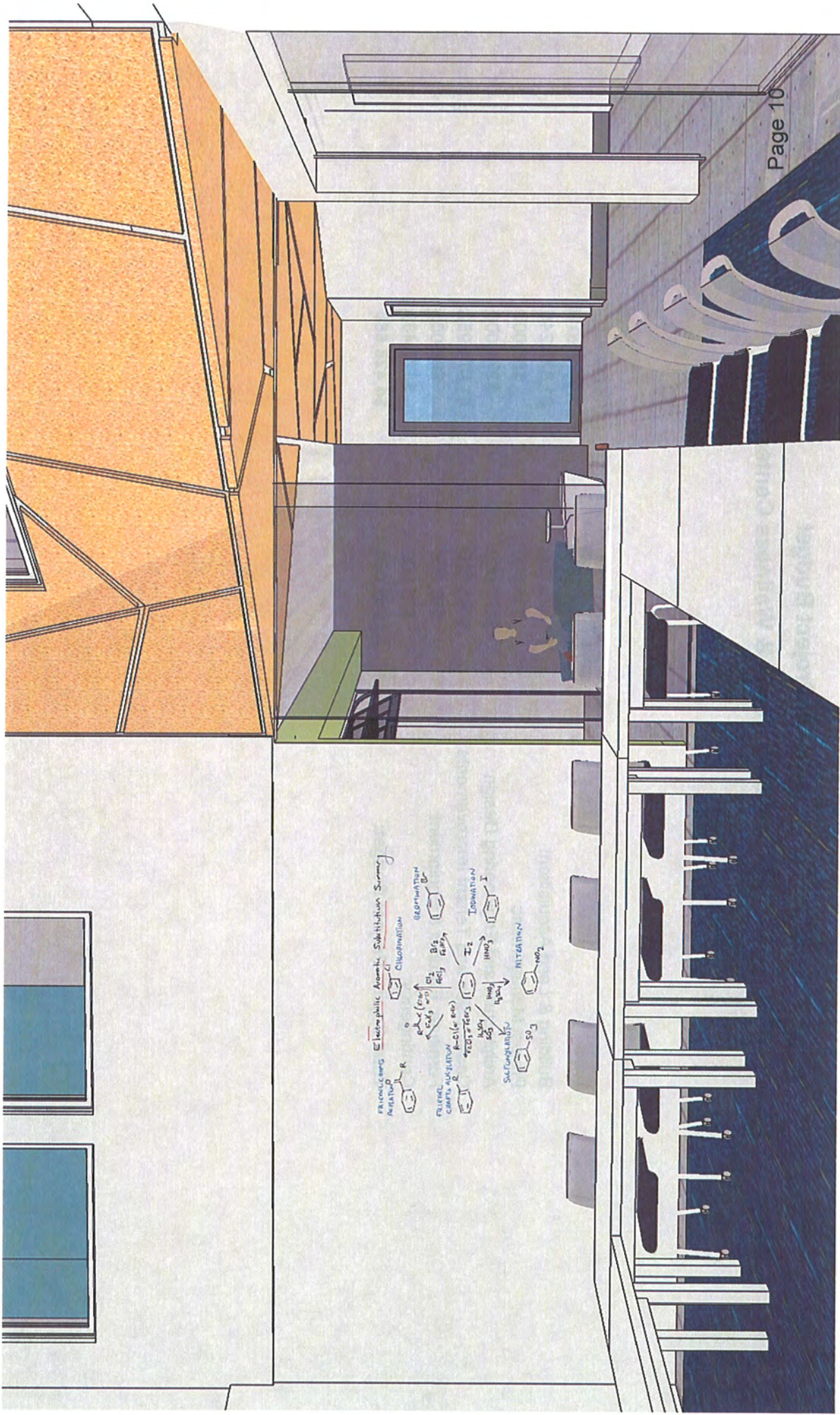














## Capital Project Budget

### Community Health & Wellness Center

	Approved August 2013	Proposed February 2014
Building & Land Acquisition:	\$1,825,000	\$1,822,245
Project Management:	\$65,000	\$85,000
Architecture and Engineering Design:	\$190,000	\$271,000
Construction and Tenant Improvements:	\$765,000	\$1,974,952
Furniture, Fixtures & Equipment:	\$80,000	\$98,000
Contingency:	\$75,000	\$177,489
<b>Total Capital Project Budget:</b>	<b>\$3,000,000</b>	<b>\$4,428,686</b>

# PROJECT BUDGET

Pre-Construction thru Occupancy

2/10/14

OWNER Verdant Health Commission

CONTRACTOR: TBD

PROJECT: Community Wellness Center  
Lynnwood, WA

A		B	C	D	E
SCOPE OF WORK		AUGUST 2013 BUDGET	NOVEMBER UPDATE	PROPOSED BUDGET	Comments
<b>Building &amp; Land Acquisition</b>					
1-1	Building Purchase	Included	Included	\$ 1,260,108	
1-2	Land Purchase	Included	Included	\$ 538,700	
1-3	Vault Removal	Included	Included	\$ 20,000	
1-4	Property Taxes Due at Closing	Included	Included	\$ 3,437	
<b>TOTAL BUILDING &amp; LAND ACQUISITION</b>		<b>\$ 1,825,000</b>	<b>\$ 1,825,000</b>	<b>\$ 1,822,245</b>	Shared Cost with Bank
<b>Project Management</b>					
2-0	Project Management	\$ 65,000	\$ 65,000	\$ 85,000	
<b>TOTAL PROJECT MANAGEMENT</b>		<b>\$ 65,000</b>	<b>\$ 65,000</b>	<b>\$ 85,000</b>	
<b>Architecture &amp; Engineering &amp; Legal</b>					
3-0	Architecture & Engineering	\$ 185,000	\$ 185,000	\$ 256,000	Detailed Budget
3-1	Legal	\$ 5,000	\$ 5,000	\$ 15,000	Detailed Budget
<b>TOTAL ARCHITECTURE &amp; ENGINEERING DESIGN</b>		<b>\$ 190,000</b>	<b>\$ 190,000</b>	<b>\$ 271,000</b>	
<b>Construction &amp; Tenant Improvement</b>					
4-0	Muni Fees, Permits	Included	\$ 15,000	\$ 15,000	
4-1	Special Inspections	Included	\$ 10,000	\$ 10,000	
4-2	Construction	Included	\$ 1,212,139	\$ 1,521,061	Needed During Construction 2/9/14, Estimate (C&N)
4-3	Alternate 1 - Roof Replacement	-	\$ 75,000	\$ 74,735	Alternate
4-4	Alternate 2 - HVAC - Replace Existing Units	-	\$ 80,000	\$ -	Alt 2 or 3, but not both
4-5	Alternate 3 - HVAC - Upgrade System	-	\$ -	\$ 179,092	Alt 2 or 3, but not both
4-6	Sales Tax	Included	\$ 110,688	\$ 168,614	
4-7	Due Diligence	Included	\$ -	\$ 6,450	Pre-Design Costs
4-8	Construction Contingency	\$ 75,000	\$ 100,000	\$ 177,489	10% of 4-2 thru 4-5
<b>TOTAL CONSTRUCTION &amp; TENANT IMPROVEMENT</b>		<b>\$ 840,000</b>	<b>\$ 1,602,827</b>	<b>\$ 2,152,441</b>	
<b>Furniture, Fixtures, &amp; Equipment</b>					
5-0	Technology & IT	\$ 3,500	\$ 11,498	\$ 3,500	Some scope is in 4-2
5-1	Audio / Video	\$ 16,000	\$ 50,370	\$ -	All scope is in 4-2

# PROJECT BUDGET

Pre-Construction thru Occupancy

2/10/14

OWNER: Verdant Health Commission

CONTRACTOR: TBD

PROJECT: Community Wellness Center  
Lynnwood, WA

A	B	C	D	E
	AUGUST 2013 BUDGET	NOVEMBER UPDATE	PROPOSED BUDGET	Comments
5-2 Signage	\$ 8,000	\$ 17,520	\$ 2,000	Some scope is in 4-2
5-3 White Boards	\$ 1,000	\$ 14,235	\$ -	All scope is in 4-2
5-4 Appliances	\$ 3,000	\$ 11,498	\$ -	All scope is in 4-2
5-5 Move	\$ 1,500	\$ 1,643	\$ 1,500	
5-6 Furniture	\$ 40,000	\$ 73,365	\$ 85,000	Competitive Pricing
5-7 Security & Access Control & Data Cable	\$ 6,000	\$ 41,610	\$ -	All scope is in 4-2
5-8 Office Supplies	\$ 1,000	\$ 1,095	\$ 1,000	
5-9 Demo Kitchen Supplies	\$ -	\$ -	\$ 5,000	Flatware, Utensils, Etc.
<b>TOTAL FURNITURE, FIXTURES &amp; EQUIPMENT</b>	<b>\$ 80,000</b>	<b>\$ 222,833</b>	<b>\$ 98,000</b>	

## TOTAL PROJECT COSTS

\$ 3,000,000.00 \$ 3,905,659.71 \$ 4,428,686.26

PUBLIC HOSPITAL DISTRICT NO. 2  
SNOHOMISH COUNTY, WASHINGTON

RESOLUTION NO. 2014-01

A RESOLUTION of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, doing business as Verdant Health Commission, specifying and adopting plans, declaring the estimated cost of and authorizing a call for bids relating to the construction of improvements to property of the district known as the Community Wellness Center.

WHEREAS, Public Hospital District No. 2, Snohomish County, Washington, is a duly organized municipal corporation of the state of Washington and does business under the name Verdant Health Commission (the "District"); and

WHEREAS, the District owns property and a building located at 4710 196<sup>th</sup> Street SW, Lynnwood, Washington (the "Property"); and

WHEREAS, the District desires to make improvements to the Property pursuant to the plans and specifications on file in the District's offices (the "Plans"); and

WHEREAS, RCW 70.44.110 requires that whenever the commission of a public hospital district deems it advisable that the district construct additions or betterments to district property, it shall provide therefor by resolution, which resolution shall specify and adopt the proposed plans and declare the estimated cost thereof;

WHEREAS, RCW 70.44.140 requires that all materials purchased and work ordered, the estimated cost of which is in excess of \$75,000 shall be by contract; and

WHEREAS, RCW 70.44.140 further requires that, prior to awarding any such contract, the public hospital district publish notice at least thirteen days before the last date upon which bids will be received, inviting sealed bid proposals for such work; NOW, THEREFORE,

BE IT RESOLVED BY THE BOARD OF COMMISSIONERS OF PUBLIC HOSPITAL DISTRICT NO. 2, SNOHOMISH COUNTY, WASHINGTON, as follows:

Section 1. The Board of Commissioners of the District (the "Commission") hereby approves and adopts the Plans.

Section 2. The Commission hereby declares the estimated cost of completing the purchase of the materials and the completion of the work described in the Plans (the "Project") to be \$2,152,441.

Section 3. The Commission hereby directs the Superintendent of the District and the Chief Financial Officer of the District (each an "Authorized Officer" and together the "Authorized Officers") to publish a notice and solicit sealed bid proposals in compliance with RCW 70.44.140 for the Project.



Section 4. The Authorized Officers and each of them acting alone are hereby directed and granted the discretionary authority to execute and deliver any and all other certificates, documents, agreements and instruments that are necessary or appropriate in their discretion to give effect to these resolutions and to consummate the transactions contemplated herein.

ADOPTED by the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, at an open public meeting thereof this 10th day of February, 2014, the following Commissioners being present and voting:

\_\_\_\_\_  
President and Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Commissioner

\_\_\_\_\_  
Secretary and Commissioner

I, J. Bruce Williams, Secretary of the Commission of Public Hospital District No. 2, Snohomish County, Washington, hereby certify that the attached copy of Resolution No. 2014-01 is a true and correct copy of the original resolution adopted on February 10, 2014 as that resolution appears on the Minute Book of the Public Hospital District No. 2, Snohomish County, Washington.

DATED this 10<sup>th</sup> day of February, 2014

---

J. Bruce Williams, Secretary

**SECTION 00 21 13**

**INSTRUCTIONS TO BIDDERS**

**FORM OF INSTRUCTIONS TO BIDDERS**

- 1.01 See AIA Document A701 (1997 Edition), Instructions to Bidders following this document.
- 1.02 The instructions in this document amend or supplement the Instructions To Bidders and other provisions of the Bidding and Contract Documents.

**INVITATION**

**2.01 BID SUBMISSION**

- A. Bids signed and under seal, executed, and dated will be received at the office of the Owner at 3815 196th St. SW, Suite 136, Lynnwood, WA 98036 before 1:00 p.m. local standard time on the 14th day of March, 2014. Bids will then be opened at 1:15 P.M. at the project site, located at 4710 196th Street SW, Lynnwood, WA 98036, at which time the bids will be opened and publicly read aloud.
- B. Offers submitted after the above time shall be returned to the bidder unopened.
- C. Submit required Supplements To Bid Forms within 24 hours after closing time for receiving bids.
- D. Offers will be opened publicly immediately after the time for receipt of bids.
- E. Amendments to the submitted offer will be permitted if received in writing prior to bid closing and if endorsed by the same party or parties who signed and sealed the offer.

**2.02 INTENT**

- A. The intent of this Bid request is to obtain an offer to perform work to complete a the building renovation work located at 4710 196th Street SW, Lynnwood, WA 98036 for a Stipulated Sum contract, in accordance with the Contract Documents.

**2.03 WORK IDENTIFIED IN THE CONTRACT DOCUMENTS**

- A. Work of this proposed Contract comprises building construction, including general construction Work.

**2.04 CONTRACT TIME**

- A. Identify Contract Time in the Bid Form. The completion date in the Agreement shall be the Contract Time added to the commencement date.

**BID DOCUMENTS AND CONTRACT DOCUMENTS**

**3.01 DEFINITIONS**

- A. Bid Documents: Contract Documents supplemented with Instructions to Bidders, Bid Form Supplements To Bid Forms and Appendices identified.
- B. Contract Documents: Defined in AIA A201 Article 1 including issued Addenda.
- C. Bid, Offer, or Bidding: Act of submitting an offer under seal.
- D. Bid Amount: Monetary sum identified by the Bidder in the Bid Form.

3.02 CONTRACT DOCUMENTS IDENTIFICATION

- A. The Contract Documents are identified as Project Number 130450, as prepared by Architect who is located at 117 South Main Street, Suite #400, Seattle, WA 98104, and with contents as identified in the Project Manual.

3.03 AVAILABILITY

- A. Bid Documents are available for viewing at Builders Exchange of Washington.
  - 1. Free-of-charge access to project bid documents (plans, specifications, addenda, and Bidders List) is provided to Prime Bidders, Subcontractors, and Vendors by going to [www.bxwa.com](http://www.bxwa.com) and clicking on "Posted Projects", "Public Works", and "Verdant Health Commission".
  - 2. This online plan room provides Bidders with fully usable online documents with the ability to: download, view, print, order full/partial plan sets from numerous reprographic sources, and a free online digitizer/take-off tool.
  - 3. It is recommended that Bidders "Register" in order to receive automatic e-mail notification of future addenda and to place themselves on the "Self-Registered Bidders List". Bidders
  - 4. Bidders that do not register will not be automatically notified of addenda and will need to periodically check the on-line plan room for addenda issued on this project.
  - 5. Contact Builders Exchange of Washington at (425) 258-1303 should you require assistance with access or registration.
- B. Bid Documents are made available only for the purpose of obtaining offers for this project. Their use does not grant a license for other purposes.

3.04 EXAMINATION

- A. Bid Documents may be viewed at the office of Architect and Builders Exchange of Washington..
- B. Upon review of Bid Documents verify that documents are complete. Notify Architect should the documents be incomplete.
- C. Immediately notify Architect upon finding discrepancies or omissions in the Bid Documents.

3.05 INQUIRIES/ADDENDA

- A. Direct questions to Architect, telephone: 206-576-1600.
- B. Addenda may be issued during the bidding period. All Addenda become part of the Contract Documents. Include resultant costs in the Bid Amount.
- C. Verbal answers are not binding on any party.
- D. Clarifications requested by bidders must be in writing by March 3, 2014 at 1:00 PM. The reply will be in the form of an Addendum, a copy of which will be forwarded to known recipients.

3.06 PRODUCT/ASSEMBLY/SYSTEM SUBSTITUTIONS

- A. Where the Bid Documents stipulate a particular product, substitutions will be considered up to 10 days before receipt of bids.
- B. When a request to substitute a product is made, Architect may approve the substitution and will issue an Addendum to known bidders.
- C. In submission of substitutions to products specified, bidders shall include in their bid all changes required in the Work and changes to Contract Time and Contract Sum to accommodate such substitutions. A later claim by the bidder for an addition to the Contract



Time or Contract Sum because of changes in work necessitated by use of substitutions shall not be considered.

- D. The submission shall provide sufficient information to determine acceptability of such products.
- E. Provide complete information on required revisions to other work to accommodate each proposed substitution.
- F. Provide products as specified unless substitutions are submitted in this manner and accepted.

#### **SITE ASSESSMENT**

##### **4.01 SITE EXAMINATION**

- A. Examine the project site before submitting a bid.
- B. The bidder is required to contact Owner at the following address and phone number in order to arrange a date and time to visit the project site: 4710 196th Street SW, Lynwood, WA 98036, tel: 206-527-3417.
- C. A Mandatory Pre-Bid Site Visit at the project site has been arranged for bidders as follows:
  - 1. Mandatory Pre-Bid Site Visit will take place on February 25, 2014 at 1:00 P.M., at the project site located at 4710 196th Street SW, Lynwood, WA 98036.

##### **4.02 PREBID CONFERENCE**

- A. A mandatory bidders conference has been scheduled for 1:00 p.m. on the 25th day of February, 2014 at the location of 4710 196th Street SW, Lynwood, WA 98036.
- B. All general contract bidders and suppliers are invited.
- C. Representatives of Architect will be in attendance.
- D. Summarized minutes of this meeting will be circulated to attendees. These minutes will not form part of the Contract Documents.
- E. Information relevant to the Bid Documents will be recorded in an Addendum, issued to Bid Document recipients, and other responsibility criteria specified in the Bid Documents.

#### **BIDDER RESPONSIBILITY**

##### **5.01 EVIDENCE OF QUALIFICATIONS**

- A. To demonstrate responsibility for performing the Work of this Contract, bidders may be requested to submit written evidence of financial position, license to perform work in the State.

##### **5.02 RESPONSIBILITY SUBMITTAL**

- A. Bidders shall complete and submit the responsibility form provided with the Bid Form to the Architect on or before 1:00 p.m. on the 14th day of March, 2014.
- B. Acceptance or rejection of this submittal will be made within 48 hours thereafter.

##### **5.03 SUBCONTRACTORS/SUPPLIERS/OTHERS**

- A. Owner reserves the right to reject a proposed subcontractor for reasonable cause.
- B. Refer to General Conditions.

## **BID SUBMISSION**

### **6.01 SUBMISSION PROCEDURE**

- A. Bidders shall be solely responsible for the delivery of their bids in the manner and time prescribed.
- B. Submit one copy of the executed offer on the Bid Forms provided, signed and sealed with the required security in a closed opaque envelope, clearly identified with bidder's name, project name and Owner's name on the outside.
- C. Double Envelope: Insert the closed and sealed Bid Form envelope plus requested security deposit,, qualification forms in a large opaque envelope and label this envelope as noted above.
- D. Improperly completed information, irregularities in security deposit, may be cause not to open the Bid Form envelope and declare the bid invalid or informal.
- E. An abstract summary of submitted bids will be made available to all bidders following bid opening.

### **6.02 BID INELIGIBILITY**

- A. Bids that are unsigned, improperly signed or sealed, conditional, illegible, obscure, contain arithmetical errors, erasures, alterations, or irregularities of any kind, may at the discretion of the Owner, be declared unacceptable.
- B. Bid Forms, Appendices, and enclosures that are improperly prepared may, at the discretion of Owner, be declared unacceptable.
- C. Failure to provide security deposit, bonding or insurance requirements may, at the discretion of Owner, be waived.
- D. Bids are by invitation, only from selected bidders. Bids from unsolicited bidders may be returned.

## **BID ENCLOSURES/REQUIREMENTS**

### **7.01 SECURITY DEPOSIT**

- A. Bids shall be accompanied by a security deposit as follows:
  - 1. Bid Bond or certified check of a sum no less than 5 percent of the Bid Amount.
- B. Endorse the Bid Bond in the name of the Owner as obligee, signed and sealed by the principal ( Contractor) and surety.
- C. Endorse the certified check in the name of the Owner.
- D. The security deposit will be returned after delivery to the Owner of the required Performance and Payment Bond(s) by the accepted bidder.
- E. Include the cost of bid security in the Bid Amount.
- F. After a bid has been accepted, all securities will be returned to the respective bidders.
- G. If no contract is awarded, all security deposits will be returned.

### **7.02 PERFORMANCE ASSURANCE**

- A. Accepted Bidder: Provide a Performance and Payment bond as described in Section 00 50 00.
- B. Include the cost of performance assurance bonds in the Bid Amount.

7.03 INSURANCE

- A. Provide an executed "Undertaking of Insurance" on a standard form provided by the insurance company stating their intention to provide insurance to the bidder in accordance with the insurance requirements of the Contract Documents.

7.04 LIQUIDATED DAMAGE

- A. Requirement specified Document A101, attached in Section 00 50 00 - Contracting Forms and Supplements

7.05 CHANGES TO THE WORK

- A. Requirement specified Document A101, attached in Section 00 50 00 - Contracting Forms and Supplements

7.06 BID FORM REQUIREMENTS

- A. Complete all requested information in the Bid Form and Appendices.

7.07 SALES AND USE TAXES

- A. Include all taxes as part of Bid.

7.08 LIABILITY INSURANCE DEDUCTIBLE

- A. Include in the Bid Form responsibility submittal the dollar amount of your company's deductible(s) for all insurance policies that are required for the Work per the Bid Documents and Contract Documents.

7.09 BID FORM SIGNATURE

- A. The Bid Form shall be signed by the bidder, as follows:
  - 1. Sole Proprietorship: Signature of sole proprietor in the presence of a witness who will also sign. Insert the words "Sole Proprietor" under the signature. Affix seal.
  - 2. Partnership: Signature of all partners in the presence of a witness who will also sign. Insert the word "Partner" under each signature. Affix seal to each signature.
  - 3. Corporation: Signature of a duly authorized signing officer(s) in their normal signatures. Insert the officer's capacity in which the signing officer acts, under each signature. Affix the corporate seal. If the bid is signed by officials other than the president and secretary of the company, or the president/secretary/treasurer of the company, a copy of the by-law resolution of their board of directors authorizing them to do so, must also be submitted with the Bid Form in the bid envelope.
  - 4. Joint Venture: Each party of the joint venture shall execute the Bid Form under their respective seals in a manner appropriate to such party as described above, similar to the requirements of a Partnership.

7.10 SELECTION AND AWARD OF ALTERNATIVES

- A. Indicate variation of bid price for alternatives listed on the Bid Form. Unless otherwise indicated, indicate alternatives as a difference in bid price by adding to or deducting from the base bid price.
- B. Bids will be evaluated on the base bid price. After determination of a successful bidder, consideration will be given to alternatives and bid price adjustments.
- C. Bids will be evaluated on the total of the base bid price and all of the alternatives. After determination of the successful bidder, consideration will be given to which alternatives will be included in the Work.

**OFFER ACCEPTANCE/REJECTION**

8.01 DURATION OF OFFER

- A. Bids shall remain open to acceptance and shall be irrevocable for a period of sixty (60) days after the bid closing date.

8.02 ACCEPTANCE OF OFFER

- A. Owner reserves the right to accept or reject any or all offers.
- B. After acceptance by Owner, Architect on behalf of Owner, will issue to the successful bidder, a written Bid Acceptance.

**END OF INSTRUCTIONS TO BIDDERS**



**SECTION 00 41 00**

**BID FORM**

**THE PROJECT AND THE PARTIES**

1.01 TO:

- A. Owner  
1. Verdant Health Commission

1.02 FOR:

- A. \_\_\_\_\_

1.03 DATE: \_\_\_\_\_ (Bidder to enter date)

1.04 SUBMITTED BY: (Bidder to enter name and address)

- A. Bidder's Full Name \_\_\_\_\_  
1. Address \_\_\_\_\_  
2. City, State, Zip \_\_\_\_\_

1.05 OFFER

- A. Having examined the Place of The Work and all matters referred to in the Instructions to Bidders and the Contract Documents prepared by Ankrom Moisan Architects, Inc. for the above mentioned project, we, the undersigned, hereby offer to enter into a Contract to perform the Work for the Sum of:

- B. \_\_\_\_\_  
\_\_\_\_\_ dollars (\$ \_\_\_\_\_), in lawful money of the United States of America.

- C. We have included the required security deposit as required by the Instruction to Bidders.  
D. All applicable federal taxes are included and State of Washington taxes (Including Washington State Sales Tax WST) are included in the Bid Sum.

1.06 ACCEPTANCE

- A. This offer shall be open to acceptance and is irrevocable for sixty days from the bid closing date.  
B. If this bid is accepted by Owner within the time period stated above, we will:  
1. Execute the Agreement within seven days of receipt of Notice of Award.  
2. Furnish the required bonds within ten (10) days of receipt of acceptance of this bid.  
3. Commence work within seven days after written Notice to Proceed of this bid.  
C. If this bid is accepted within the time stated, and we fail to commence the Work or we fail to provide the required Bond(s), the security deposit shall be forfeited as damages to Owner by reason of our failure, limited in amount to the lesser of the face value of the security deposit or the difference between this bid and the bid upon which a Contract is signed.  
D. In the event our bid is not accepted within the time stated above, the required security deposit shall be returned to the undersigned, in accordance with the provisions of the Instructions to Bidders; unless a mutually satisfactory arrangement is made for its retention and validity for an extended period of time.

1.07 CONTRACT TIME

- A. We will complete the Work in \_\_\_\_\_ calendar days from Notice to Proceed.

1.08 SCHEDULE OF ALTERNATES

- A. Alternate No. 1 - Replace Existing Roof:  
1. Alternative Item: Section 07 52 16 - SBS Modified Bituminous Membrane Roofing including roof removal and new flashing.  
2. (Add) (Deduct) \$ \_\_\_\_\_
- B. Alternate No. 2 - Replace Existing Rooftop Mechanical Units:  
1. Alternative Item: Replace the existing roof top mechanical units as indicated on the plans and specifications.  
2. (Add) (Deduct) \$ \_\_\_\_\_
- C. Alternate No. 3 - New VAV System:  
1. Alternative Item: Replace the building HVAC system with a VAV system as indicated on the plans and specifications.  
2. (Add) (Deduct) \$ \_\_\_\_\_

1.09 ADDENDA

- A. The following Addenda have been received. The modifications to the Bid Documents noted below have been considered and all costs are included in the Bid Sum.
1. Addendum # \_\_\_\_\_ Dated \_\_\_\_\_.
2. Addendum # \_\_\_\_\_ Dated \_\_\_\_\_.

1.10 LIST OF SUBCONTRACTORS

- A. WORK SUBJECT.....SUBCONTRACTOR NAME
- B. GENERAL.....
- C. SITEWORK  
1. Earthwork.....
- D. CONCRETE  
1. Cast-In-Place Concrete.....
- E. MASONRY  
1. Masonry Unit Assemble.....
- F. METALS  
1. Structural Steel.....  
2. Metal Fabrications.....
- G. WOOD AND PLASTICS  
1. Rough Carpentry.....  
2. Finish Carpentry.....  
3. Architectural Woodwork.....
- H. THERMAL AND MOISTURE PROTECTION  
1. Thermal Insulation.....  
2. Roofing.....  
3. Flashing and Sheet Metal.....  
4. Sealants.....
- I. DOORS AND WINDOWS  
1. Doors & Frames.....  
2. Metal-Framed Storefront.....

- 3. Windows.....
- 4. Door Hardware.....
- 5. Glazing.....
- J. FINISHES
  - 1. Metal Support Assemblies.....
  - 2. Gypsum Board.....
  - 3. Suspended Acoustical Tile Ceiling.....
  - 4. Resilient Flooring.....
  - 5. Carpet.....
  - 6. Paints.....
- K. SPECIALTIES
  - 1. Signage.....
  - 2. Fire Protection Specialties.....
  - 3. Toilet Accessories.....
  - 4. Audio-Visual.....
  - 5. Food Service Equipment.....
  - 6. Elevator.....
- L. MECHANICAL
  - 1. Fire Protection.....
  - 2. Plumbing.....
  - 3. HVAC.....
  - 4. Controls.....
  - 5. Testing & Balancing.....
- M. ELECTRICAL
  - 1. Electrical.....
  - 2. Security Access and Surveillance.....
  - 3. Low Voltage.....
- N. OTHERS
  - 1. ....
  - 2. ....
  - 3. ....
  - 4. ....
- 1.11 BID FORM SIGNATURE(S)
  - A. The Corporate Seal of
  - B. \_\_\_\_\_
  - C. (Bidder - print the full name of your firm)
  - D. was hereunto affixed in the presence of:
  - E. \_\_\_\_\_
  - F. (Authorized signing officer, Title)
  - G. (Seal)
  - H. \_\_\_\_\_
  - I. (Authorized signing officer, Title)

- 1.12 If the Bid is a joint venture or partnership, add additional forms of execution for each member of the joint venture in the appropriate form or forms as above.

**END OF BID FORM**



# **C&N Consultants**

**Construction Cost Consultants**

**105 Main Street, Suite 300A**

**Seattle, WA 98104**

**Telephone 206-624-8539**

**Fax 206-624-8955**

## **Verdant Community Wellness Center**

**February 9, 2014**

**Lynnwood, WA**

**Construction Documents Estimate**

**Verdant Community Wellness Center  
Lynnwood, WA  
Construction Documents Estimate**

**INTRODUCTION**

**Exclusions from Construction Cost:**

Design fees  
Owners administration costs  
Building and land acquisition fees  
Legal and accounting fees  
Removal of unforeseen underground obstructions  
Owner's furniture, furnishings and equipment  
Owners supplied materials  
Work outside the construction site boundary.  
Moving owners equipment and furniture  
Compression of schedule, premium or shift work, and restrictions on the contractor's working hours  
Assessments, taxes, finance, legal and development charges  
Cost escalation beyond the start dates stated in this report  
Builder's risk, project wrap-up and other owner provided insurance program  
Washington State Sales Tax

**Assumption used in establishing the estimate:**

Open and competitive bidding among all proportions of the work

**Items that may affect the cost estimate:**

Modifications to the scope of work included in this estimate.  
Special phasing requirements other than mentioned above.  
Restrictive technical specifications or excessive contract conditions.  
Any non-competitive bid situations.  
Bids delayed beyond the projected schedule.



Verdant Community Wellness Center  
Lynnwood, WA  
Construction Documents Estimate



C & N Consultants, Inc.  
Construction Documents

Date:

February 9, 2014

Prepared By:

AC/NW

**OVERALL SUMMARY**

	Start Date	Gross Area	\$/SF	\$
Building	February 2014	8,571 SF	168.66	1,445,597
Sitework	February 2014	2,000 SF	37.73	75,464

<b>TOTAL CONSTRUCTION COST</b>	<b>1,521,061</b>
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Alternates

Alternate 1: Remove and replace roofing	74,735
Alternate 2: New Rooftop Packaged Units	91,235
Alternate 3: VAV System in Lieu of Existing	179,092

*Note: Costs Exclude Washington State Sales Tax*

**Verdant Community Wellness Center**  
**Lynnwood, WA**  
**Construction Documents Estimate**



**C & N Consultants, Inc.**  
 CONSULTANTS

Gross Floor Area: **8,571 SF**

Date: **February 9, 2014**

Prepared By: **AC/NW**

**Building**  
**SUMMARY OF ESTIMATE**

No.	Element Description		Element Totals	Group Totals	Cost Per SF
<b>A10</b>	<b>FOUNDATIONS</b>			1,903	0.22
<b>A1010</b>	Standard Foundation				-
<b>A1020</b>	Special Foundation				-
<b>A1030</b>	Slab on grade		1,903		0.22
<b>A20</b>	<b>BASEMENT CONSTRUCTION</b>				-
<b>A2010</b>	Basement Excavation				-
<b>A2020</b>	Basement Walls				-
<b>B10</b>	<b>SUPERSTRUCTURE</b>			37,874	4.42
<b>B1010</b>	Floor Construction		37,874		4.42
<b>B1020</b>	Roof Construction				-
<b>B20</b>	<b>EXTERIOR ENCLOSURE</b>			142,420	16.62
<b>B2010</b>	Exterior Walls		84,042		9.81
<b>B2020</b>	Exterior Windows		46,758		5.46
<b>B2030</b>	Exterior Doors		11,620		1.36
<b>B30</b>	<b>ROOFING</b>			17,432	2.03
<b>B3010</b>	Roof Covering		17,432		2.03
<b>B3020</b>	Roof Opening				-
<b>C10</b>	<b>INTERIOR CONSTRUCTION</b>			132,355	15.44
<b>C1010</b>	Partitions		48,041		5.61
<b>C1020</b>	Interior Doors		65,068		7.59
<b>C1030</b>	Fittings		19,246		2.25
<b>C20</b>	<b>STAIRS</b>			-	-
<b>C2010</b>	Stair Construction				-
<b>C30</b>	<b>INTERIOR FINISHES</b>			127,325	14.86
<b>C3010</b>	Wall Finishes		43,439		5.07
<b>C3020</b>	Floor Finishes		42,838		5.00
<b>C3030</b>	Ceiling Finishes		41,048		4.79
<b>D10</b>	<b>CONVEYING</b>			95,700	11.17
<b>D1010</b>	Elevators & Lifts		95,700		11.17
<b>D20</b>	<b>PLUMBING</b>			87,863	10.25

**Verdant Community Wellness Center**  
**Lynnwood, WA**  
**Construction Documents Estimate**



Gross Floor Area: **8,571 SF**  
 Date: **February 9, 2014**  
 Prepared By: **AC/NW**

**Building**  
**SUMMARY OF ESTIMATE**

No.	Element Description		Element Totals	Group Totals	Cost Per SF
D2010	Plumbing		87,863		10.25
D30	HVAC			169,604	19.79
D3010	HVAC		169,604		19.79
D40	FIRE PROTECTION			14,107	1.65
D4010	Sprinkler System		14,107		1.65
D50	ELECTRICAL			259,435	30.27
D5000	Electrical		259,435		30.27
E10	EQUIPMENT			9,128	1.06
E1010	Equipment		9,128		1.06
E20	FURNISHINGS			32,138	3.75
E2010	Fixed Furnishings		32,138		3.75
F10	SPECIAL CONSTRUCTION			-	-
F1010	Special Structure				
F1020	Special Construction				
F20	SELECTIVE BUILDING DEMOLITION			42,056	
F2010	Building Demolition		42,056		4.91
G	BUILDING SITEWORK			-	-
G10	Site Preparation				-
G20	Site Improvement				-
	<b>Sub-Total</b>			1,169,341	136.43
	General Conditions	15.00%		175,401	20.46
	<b>Sub-Total</b>			1,344,742	156.89
	Estimating / Design Contingency	N/A			-
	<b>Sub-Total</b>			1,344,742	156.89
	General Contractor's O.H. & P, Bonds and Insurances B & O Taxes	7.50%		100,856	11.77
	February 2014 Construction Cost			1,445,597	168.66
	Escalation to Start Date February 2014				-
	<b>TOTAL CONSTRUCTION COST</b>			<b>\$1,445,597</b>	<b>168.66</b>

Verdant Community Wellness Center  
Lynnwood, WA  
Construction Documents Estimate



C & N Consultants, Inc.  
Construction Documents Estimate

Gross Floor Area: 8,571 SF

Date: February 9, 2014

Prepared By: AC/NW

Building

Item Description	Quantity	Unit	Unit Cost	Totals
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A10 FOUNDATIONS

A1010 Standard Foundation

No work anticipated N/A

Total For Standard Foundations

A1020 Special Foundation

No work anticipated N/A

Total For Special Foundations

A1030 Slab on Grade

Reinforced concrete slab on grade	80	SF	10.40	832
Concrete topping slab	162	SF	5.10	826
Structural fill at vestibule, compacted	7	CY	35.00	245

Total For Slab on Grade 1,903

A20 BASEMENT CONSTRUCTION

A2010 Basement Excavation

No work anticipated N/A

Total For Basement Excavation

A2010 Basement Walls

No work anticipated N/A

Total For Basement Walls

B10 SUPERSTRUCTURE

B1010 Floor Construction

Guide rails including base plate and epoxy anchorage	1	LS	4,200.00	4,200
Tube steel framing	396	LB	2.50	990

**Verdant Community Wellness Center**  
**Lynnwood, WA**  
**Construction Documents Estimate**



**C & N Consultants, Inc.**  
 14000 1st Avenue S.W.  
 Lynnwood, WA 98036

Gross Floor Area: **8,571 SF**  
 Date: **February 9, 2014**  
 Prepared By: **AC/NW**

**Building**

Item Description	Quantity	Unit	Unit Cost	Totals
LSL beams	2,350	BM	8.60	20,210
PSL beams	70	BM	8.60	602
Hangars/supports	1	LS	410.00	410
Plywood sheathing, 1/2"	77	SF	3.60	277
Additional stud framing / posts	1	LS	177.00	177
Strapping	1	LS	310.00	310
Canopies				
Wide flange steel framing	3,048	LB	2.50	7,619
Channel steel framing	286	LB	2.50	714
Metal deck	248	SF	5.10	1,265
Plate steel	247	LB	1.70	420
Clevis and turnbuckle	2	EA	340.00	680
<b>Total For Floor Construction</b>				<b>37,874</b>

**B1020 Roof Construction**

No work anticipated N/A

**Total For Roof Construction**

**B20 EXTERIOR CLOSURE**

**B2010 Exterior Walls**

B2011 Exterior wall construction				
Wood stud framing, 2x6 at 16" o.c.	2,631	SF	4.95	13,023
Batt insulation	2,631	SF	0.95	2,499
Plywood sheathing Liquid applied membrane	2,631	SF	3.12	8,209
Gypsum board, painted	2,631	SF	2.70	7,104
EIFS over existing	401	SF	15.10	6,055
Paint to existing façade	2,677	SF	2.00	5,354
EIFS	2,018	SF	16.10	32,490
Cedar plank façade, transparent stain	613	SF	14.00	8,582
Patch and repair to cladding	242	SF	3.00	726
<b>Total For Exterior Walls</b>				<b>84,042</b>

**B2020 Exterior Windows**

Verdant Community Wellness Center  
Lynnwood, WA  
Construction Documents Estimate



C & N Consultants, Inc.  
10000 1st Avenue, Suite 100  
Lynnwood, WA 98036

Gross Floor Area: 8,571 SF

Date: February 9, 2014

Prepared By: AC/NW

Building

Item Description	Quantity	Unit	Unit Cost	Totals
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B 2020 Exterior Windows

Glazed windows	712	SF	51.00	36,312
Film at interior of exterior glazed windows, allow	1	LS	810.00	810

B2023 Storefronts

Storefront glazing	146	SF	66.00	9,636
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Total For Exterior Windows **46,758**

**B2030 Exterior Doors**

Exterior doors

Hollow metal doors and frames, single	1	EA	1,600.00	1,600
Aluminum framed glazed doors, single	2	EA	2,874.00	5,748
New hardware to existing door	1	EA	320.00	320
Panic hardware	4	EA	988.00	3,952

Total For Exterior Doors **11,620**

**B30 ROOFING**

**B3010 Roof Covering**

B3011 Roof finishes

Patch and repair roofing	1	LS	1,600.00	1,600
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B3014 Flashings and trim

Sheet metal flashing	1	LS	2,640.00	2,640
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Canopy

SBS roofing system at South canopy	174	SF	13.44	2,339
Cedar decking, 1 x 6 pedestal system	174	SF	26.20	4,559
Soffit, cedar plank siding system	269	SF	23.40	6,295

Total For Roofing **17,432**

**Verdant Community Wellness Center**  
**Lynnwood, WA**  
**Construction Documents Estimate**



**C & N Consultants, Inc.**  
Architectural & Construction Consultants

Gross Floor Area: **8,571 SF**  
 Date: **February 9, 2014**  
 Prepared By: **AC/NW**

**Building**

Item Description	Quantity	Unit	Unit Cost	Totals	
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**C10 INTERIOR CONSTRUCTION**

**C1010 Partitions**

C1011 Fixed partitions

Metal stud framing, 6" At 16" o.c.	460	SF	3.34	1,536
Metal stud framing, 3 5/8" At 16" o.c.	3,202	SF	3.34	10,695
Mineral fiber insulation	2,562	SF	0.89	2,280
Gypsum board 5/8" thick	7,064	SF	2.28	16,106

C1017 Interior windows and storefronts

Interior glazing	310	SF	44.00	13,640
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Miscellaneous

Blocking and backing	1	LS	1,870.00	1,870
Caulking, sealants and firestopping	1	LS	1,914.00	1,914

**Total For Interior Partitions**

**48,041**

**C1020 Interior Doors**

C1021 Interior doors

Interior doors, frames and hardware including finish

Solid core wood doors with hollow metal frame

Single	7	EA	1,680.00	11,760
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Aluminum glazed doors

Single	7	EA	2,540.00	17,780
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Overhead coiling door with electronic lift, 10'-0"	1	EA	7,140.00	7,140
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Triple panel sliding glazed doors	2	EA	5,980.00	11,960
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Hollow metal doors, single	1	EA	1,620.00	1,620
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Glazed door with HM frame, single	2	EA	1,850.00	3,700
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Paint existing doors and replace hardware	10	EA	544.00	5,440
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Film applied to glass at existing door	1	EA	120.00	120
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Panic hardware	1	EA	988.00	988
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Card readers	4	EA	1,140.00	4,560
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**Total For Interior Doors**

**65,068**



**Verdant Community Wellness Center**  
**Lynnwood, WA**  
**Construction Documents Estimate**



**C & N Consultants, Inc.**  
Construction Documents Division

Gross Floor Area: **8,571 SF**  
 Date: **February 9, 2014**  
 Prepared By: **AC/NW**

**Building**

Item Description	Quantity	Unit	Unit Cost	Totals	
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**C1030 Specialties**

C1031 Fabricated toilet partitions

ADA partitions	2	EA	1,210.00	2,420
STD partitions	1	EA	1,090.00	1,090
Urinal screens	1	EA	680.00	680

C1033 Storage shelving and lockers

Wood shelving, 2" thick pine	18	LF	110.00	1,980
Acrylic divider panel	1	EA	411.00	411

C1035 Identifying devices

Code signage	1	LS	600.00	600
Wayfinding and room identification signage	1	LS	1,850.00	1,850
Directory	1	EA	1,040.00	1,040

C1037 General fittings and misc. metals

Miscellaneous metals	1,000	LB	2.60	2,600
Bike racks	10	EA	144.00	1,440
Grab bars	3	EA	240.00	720
Restroom accessories	1	LS	3,650.00	3,650
Fire extinguisher cabinets	3	EA	255.00	765

**Total For Fittings and Specialty Items**

**19,246**

**C20 STAIRS**

**C2010 Stair Construction**

No work anticipated

N/A

**Total For Stair Construction**

**C30 INTERIOR FINISHES**

**C3010 Wall Finishes**

C3011 Wall finishes to inside exterior walls

Paint to walls	1	LS	5,200.00	5,200
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C3012 Wall finishes to interior walls

**Verdant Community Wellness Center**  
**Lynnwood, WA**  
**Construction Documents Estimate**



**C & N Consultants, Inc.**  
 Construction Cost Consultants

Gross Floor Area: **8,571 SF**  
 Date: **February 9, 2014**  
 Prepared By: **AC/NW**

**Building**

Item Description	Quantity	Unit	Unit Cost	Totals
Paint to walls	1	LS	8,000.00	8,000
Porcelain tile	634	SF	11.00	6,974
Wood wall panels	404	SF	19.00	7,676
Acoustical wall panels	243	SF	24.00	5,832
Whiteboard / tackable wall covering	540	SF	16.50	8,910
Painted wood trim	48	LF	10.40	499
Tackable cork strips	20	LF	17.40	348

**Total For Wall Finishes** **43,439**

**C3020 Floor Finishes**

**C3024 Flooring**

VCT	611	SF	4.14	2,530
Carpet	5,430	SF	4.00	21,720
Porcelain tile	1,340	SF	10.50	14,070
Rubber base	1,644	LF	2.15	3,535
Tile base	82	LF	12.00	984

**Total For Floor Finishes** **42,838**

**C3030 Ceiling Finishes**

**C3031 Ceiling finishes**

Gypsum board, painted	1,919	SF	10.20	19,574
ACT and grid	3,055	SF	4.35	13,289
Custom ceiling panels, OSB	338	SF	23.10	7,808
Acylic light diffusing panels	26	SF	14.50	377

**Total For Ceiling Finishes** **41,048**

**D10 CONVEYING**

**D1010 Elevator & Lift**

**D1011 Passenger elevators**

Passenger elevator, 3 stop	1	EA	88,700.00	88,700
Cab finish	1	LS	7,000.00	7,000

**Total For Elevator & Lifts** **95,700**

**Verdant Community Wellness Center**  
**Lynnwood, WA**  
**Construction Documents Estimate**



**C & N Consultants, Inc.**  
 Construction Cost Estimators

Gross Floor Area: **8,571 SF**

Date: **February 9, 2014**

Prepared By: **AC/NW**

**Building**

Item Description	Quantity	Unit	Unit Cost	Totals
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**D20 PLUMBING**

**D2010 Plumbing**

Plumbing Fixtures including rough-in

Water closets	4	EA	1,500.00	6,000
Urinals	1	EA	1,425.00	1,425
Lavatories	3	EA	1,200.00	3,600
Sinks, break room	1	EA	1,375.00	1,375
Sinks, kitchen	1	EA	1,575.00	1,575
Showers	1	EA	2,150.00	2,150
Drinking fountains, dual	2	EA	3,250.00	6,500
Refrigerator wall box	1	EA	225.00	225
Floor drains	3	EA	650.00	1,950

Domestic Water Distribution

Domestic water piping and fittings	550	LF	25.75	14,163
Valves and specialties	1	LS	2,125.00	2,125
Insulation	550	LF	10.00	5,500
Double check valve assembly	1	EA	2,250.00	2,250
Inspect existing Level 1 water heater. Repair as necessary,				
Relocate combustion flue	1	LS	750.00	750
Circulation pumps	1	EA	825.00	825
Trap primer and connection piping	1	LS	500.00	500

Sanitary Waste

Sanitary waste/vent piping and fittings	500	LF	47.50	23,750
Sump pumps	1	EA	450.00	450
Drain pans	1	EA	175.00	175
Condensate drainage piping and fittings	1	LS	1,125.00	1,125

Other Plumbing Systems

Gas distribution

Gas piping and fittings	200	LF	30.00	6,000
Valves and specialties	1	LS	1,200.00	1,200
Earthquake valve	1	EA	2,500.00	2,500
Testing	1	LS	1,750.00	1,750

**Total For Plumbing**

**87,863**

Verdant Community Wellness Center  
Lynnwood, WA  
Construction Documents Estimate



C & N Consultants, Inc.  
FURNISH, MEASURE, COST & ESTIMATE

Gross Floor Area: 8,571 SF  
Date: February 9, 2014  
Prepared By: AC/NW

Building

Item Description	Quantity	Unit	Unit Cost	Totals
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D30 HVAC  
D3010 HVAC

Cooling Generating Systems

Split system air conditioning units (outdoor and indoor)	1	EA	5,750.00	5,750
Refrigerant piping, fittings and insulation	100	LF	22.75	2,275

Distribution Systems

Supply/return systems

Air conditioning units, gas fired heat, DX cooling	2	EA	7,650.00	15,300
Galvanized steel ductwork and fittings, supply/return	4,150	LB	8.50	35,275
Transfer boots, lined	2	EA	750.00	1,500
Flexible ducting	230	LF	13.50	3,105
Volume dampers	57	EA	85.00	4,845
Duct insulation	375	SF	3.50	1,313
Duct liner	1,275	SF	4.00	5,100
Grilles, registers and diffusers	48	EA	165.00	7,920
Linear slot diffusers	9	EA	385.00	3,465
Sound traps	11	EA	600.00	6,600
Sound wrap to existing duct	8	EA	350.00	2,800
Ductwork shafts, rated	565	SF	9.00	5,085

Exhaust ventilation system

Exhaust fans, restroom	1	EA	385.00	385
Exhaust fans, demo kitchen	1	EA	2,150.00	2,150
Type 1 kitchen hood	1	EA	8,500.00	8,500
Galvanized steel ductwork and fittings, exhaust	160	LB	8.50	1,360
Aluminum ductwork and fittings, exhaust	20	LB	30.00	600
Grease exhaust ductwork and fittings	565	LB	16.25	9,181
Fire wrap	325	SF	25.00	8,125
Motorized dampers	1	EA	400.00	400
Volume dampers	4	EA	85.00	340
Grilles, registers and diffusers	4	EA	165.00	660
Access panels	6	EA	95.00	570

Controls and Instrumentation

Controls - modify and extend	1	LS	30,000.00	30,000
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**Verdant Community Wellness Center**  
**Lynnwood, WA**  
**Construction Documents Estimate**



**C & N Consultants, Inc.**  
ARCHITECTS • ENGINEERS • INTERIORS • ENVIRONMENTAL

*Gross Floor Area:* **8,571 SF**  
*Date:* **February 9, 2014**  
*Prepared By:* **AC/NW**

**Building**

Item Description	Quantity	Unit	Unit Cost	Totals
Systems Testing and Balancing				
Testing, adjusting and balancing	1	LS	5,000.00	5,000
Other HVAC Systems and Equipment				
Electric heaters	4	EA	500.00	2,000
<b>Total For HVAC</b>				<b>169,604</b>

**D40 FIRE PROTECTION**

**D4010 Fire Protection**

**Sprinklers**

Modify existing sprinkler system in renovated areas	8,571	SF	1.50	12,857
Relocate fire department connection and alarm bell	1	LS	1,250.00	1,250

**Total For Fire Sprinkler System**

**14,107**

**D50 ELECTRICAL**

**D5000 Electrical**

**Electrical Service and Distribution**

Modify existing panelboards to suit revised installations	1	LS	1,000.00	1,000
Panelboards, 208/120V, 3Φ, 4W	3	EA	2,350.00	7,050
Lighting control panel	1	EA	5,250.00	5,250
Feeder conduit and wire - allow	200	LF	20.00	4,000

**Lighting and Branch Wiring**

**Machine and equipment power**

**Connections and switches including conduit and wire**

Elevator	1	EA	1,500.00	1,500
EPO button	1	EA	450.00	450
Plumbing pumps	2	EA	285.00	570
Split systems	1	EA	500.00	500
Air conditioning units	2	EA	1,125.00	2,250
Exhaust fans	2	EA	325.00	650
Kitchen hoods	1	EA	400.00	400
Electric heaters	4	EA	285.00	1,140
Motorized blinds	16	EA	285.00	4,560
Projection screens	2	EA	285.00	570

**Verdant Community Wellness Center**  
**Lynnwood, WA**  
**Construction Documents Estimate**



**C & N Consultants, Inc.**  
 CONSULTANTS

Gross Floor Area: **8,571 SF**  
 Date: **February 9, 2014**  
 Prepared By: **AC/NW**

**Building**

Item Description	Quantity	Unit	Unit Cost	Totals
Roller doors	1	EA	350.00	350
Automated doors	1	EA	650.00	650
Illuminated signage	3	EA	285.00	855
User convenience power				
Receptacles including conduit and wire				
Receptacles	111	EA	285.00	31,635
Specialty	3	EA	385.00	1,155
Floor boxes	3	EA	400.00	1,200
Lighting systems				
Lighting fixtures including conduit and wire				
Fixtures	173	EA	500.00	86,500
Lighting track	18	LF	40.00	720
Track mounted fixtures	6	EA	215.00	1,290
Site lighting pole	1	EA	2,350.00	2,350
Modify site lighting branch circuits to connect to lighting control panel	1	LS	1,250.00	1,250
Lighting controls and switches including conduit and wire				
Switches	46	EA	200.00	9,200
Occupancy sensors	8	EA	350.00	2,800
Photocells	7	EA	385.00	2,695
Communications and Security				
Telephone/data systems				
Telephone/data/WAP points including raceways only	69	EA	155.00	10,695
Telephone/data horizontal cabling	69	EA	450.00	31,050
AV system				
AV equipment and cabling - by others				
AV system, rough-in only	33	PTS	300.00	9,900
Fire Alarm system				
Fire alarm devices and connections including conduit and wire	52	EA	500.00	26,000
Access control				
Access control equipment, devices and cabling - by others				
Access control, rough-in only	8	PTS	500.00	4,000
Testing	1	LS	5,250.00	5,250

Verdant Community Wellness Center  
Lynnwood, WA  
Construction Documents Estimate



C & N Consultants, Inc.

Gross Floor Area: 8,571 SF

Date: February 9, 2014

Prepared By: AC/NW

Building

Item Description	Quantity	Unit	Unit Cost	Totals
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Total For Electrical

259,435

E10 EQUIPMENT

E1010 Equipment

E1025 Audio-visual equipment

Retractable projection screen, 13'-0" wide

1 EA 8,740.00 8,740

Unistrut framing at projector

1 EA 388.00 388

Total For Equipment

9,128

E20 FURNISHINGS

E2010 Fixed Furnishing

E2012 Fixed casework

Base cabinets

57 LF 185.00 10,545

Upper cabinets

26 LF 178.00 4,628

Tall cabinet

3 LF 388.00 1,164

Solid surface countertop

17 LF 88.00 1,496

Countertop, plastic laminate

39 LF 70.00 2,730

Countertop, stainless steel

15 LF 168.00 2,520

Island countertop

8 LF 140.00 1,120

E2013 Blinds and other window treatments

Mechoshades, motorized

712 SF 11.15 7,935

Total For Furniture

32,138

F10 SPECIAL STRUCTURES

F1010 Special Structure

No work anticipated

N/A

Total For Special Structure

F1020 Special Construction

No work anticipated

N/A

Total For Special Construction

**Verdant Community Wellness Center**  
**Lynnwood, WA**  
**Construction Documents Estimate**



**C & N Consultants, Inc.**  
 7000 1st Avenue S.W. Suite 100  
 Seattle, WA 98148

*Gross Floor Area:* **8,571 SF**  
*Date:* **February 9, 2014**  
*Prepared By:* **AC/NW**

**Building**

Item Description	Quantity	Unit	Unit Cost	Totals	
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**F20 SELECTIVE BUILDING DEMOLITION**

**F2010 Building Element Demolition**

**F2011 Building interior demolition**

**Remove and dispose**

Interior partitions	375	LF	6.40	2,400
Exterior door, single	1	EA	55.00	55
Interior door, single	16	EA	38.40	614
Casework	10	LF	21.00	210
Kitchen appliances	1	LS	380.00	380
Exterior wall enclosure at column	10	LF	9.40	94
Canopy	100	SF	3.40	340
Exterior site stair, ramp and landing including rails	77	SF	2.30	177
Exterior glazed window, infill exterior wall	11	LF	94.00	1,034
Interior glazed windows	20	LF	7.40	148
Interior finishes	8,571	SF	1.40	11,999
Remove gypsum board and provide backing for installation of wall mounted bike storage	12	LF	18.50	222
MEP demolition	8,571	SF	2.44	20,913

**Remove, salvage and re-install**

Interior door, single	1	EA	390.00	390
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**Miscellaneous**

Patch and repair walls and ceilings	8,571	SF	0.35	3,000
Floor preparation for new elevator	53	SF	1.50	80

**Total For Selected Demolition**

**42,056**



Verdant Community Wellness Center  
Lynnwood, WA  
Construction Documents Estimate



C & N Consultants, Inc.  
10000 1st Avenue, Suite 200, Lynnwood, WA 98036  
Phone: (206) 881-1111 Fax: (206) 881-1112

Gross Site Area: 3,534 SF  
Date: February 9, 2016

Sitework  
SUMMARY OF ESTIMATE

No.	Element Description		Element Totals	Group Totals	Cost Per SF
<b>G</b>	<b>BUILDING SITEWORK</b>			61,042	17.27
<b>G10</b>	Site Preparation		16,918		4.79
<b>G20</b>	Site Improvement		37,550		10.63
<b>G30</b>	Site Mechanical Utilities		6,575		1.86
<b>G40</b>	Site Electrical Utilities				-
	<b>Sub-Total</b>			61,042	17.27
	General Conditions	15.00%		9,156	
	<b>Sub-Total</b>			70,199	19.86
	Estimating / Design Contingency	N/A			-
	<b>Sub-Total</b>			70,199	19.86
	General Contractor's O.H. & P, Bonds and Insurances B & O Taxes	7.50%		5,265	1.49
	February 2014 Construction Cost			75,464	21.35
	Escalation to Start Date February 2014				-
	<b>TOTAL CONSTRUCTION COST</b>			<b>\$75,464</b>	<b>21.35</b>

Verdant Community Wellness Center  
Lynnwood, WA  
Construction Documents Estimate



C & N Consultants, Inc.

Gross Site Area: 3,534 SF

Date: February 9, 2016

Prepared By: AC/NW

Sitework

Item Description	Quantity	Unit	Unit Cost	Totals
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**G BUILDING SITE WORK**

**G10 Site Preparation**

G 1020 Site Demolition and Relocations

Remove and dispose

Site light pole	1	EA	344.00	344
Signage	2	EA	68.00	136
Mail box	2	EA	40.00	80
Concrete pad	16	SF	1.60	26
Thru arrow	1	EA	40.00	40
Concrete lane blockers	4	EA	100.00	400
Concrete curb	175	LF	3.40	595
Protect utilities, concrete flowpath and flow line	1	LS	750.00	750
Asphalt paving	2,256	SF	1.60	3,610
Concrete walkway and steps	226	SF	1.80	407
Railing at steps	6	LF	16.50	99
Trash enclosure wall	38	LF	34.00	1,292
Trash enclosure pad	236	SF	1.80	425
Trash enclosure gate	1	EA	124.00	124
Speed bump	18	LF	25.00	450
Column and footing	2	EA	280.00	560
Concrete island	86	SF	1.80	155
Drive through roof structure and roofing	730	SF	6.40	4,672

G1037 Erosion control

Erosion control	1	LS	2,000.00	2,000
Inlet protection	2	EA	377.00	754

**Total For Site Preparation**

**16,918**

**G20 Site Improvements**

G 2020 Parking Lots

Asphalt patch overlay	1,516	SF	2.00	3,032
Restripe parking spaces	33	EA	22.00	726
Concrete curb	235	LF	19.40	4,559
Curbed concrete gutter	2	LF	46.00	92
Striping for parallel parking spaces	2	EA	27.00	54
ADA stall markings	2	EA	32.00	64
ADA signage	2	EA	224.00	448

**Verdant Community Wellness Center**  
**Lynnwood, WA**  
**Construction Documents Estimate**



**C & N Consultants, Inc.**  
 10000 1st Avenue, Suite 200, Lynnwood, WA 98036  
 Phone: 425.866.1111 Fax: 425.866.1112

Gross Site Area: **3,534 SF**

Date: **February 9, 2016**

Prepared By: **AC/NW**

**Sitework**

Item Description	Quantity	Unit	Unit Cost	Totals
Striping at new cross walk	32	LF	2.90	93
Traffic flow arrow	1	EA	48.00	48
Restriping at pedestrian crossing	112	LF	4.10	459
Fire lane no parking markings	1	LS	290.00	290
Striping at fire lane	96	LF	2.90	278
<b>G 2030 Pedestrian Paving</b>				
Concrete pad, 6" thick, ramped	285	SF	8.10	2,309
Concrete sidewalk and base	872	SF	6.10	5,319
ADA ramp at sidewalks	3	EA	366.00	1,098
Ramped slab	74	SF	7.40	548
Washed drain rock	1	CY	88.00	88
<b>G2033 Exterior steps</b>				
Concrete steps	16	SF	36.70	587
<b>G 2040 Site Development</b>				
Reinforced concrete footing at site concrete walls	1	CY	640.00	640
Site concrete walls	2	CY	870.00	1,740
Reinforced concrete footing at cmu wall	2	CY	640.00	1,280
CMU walls	336	SF	20.00	6,720
Gate at dumpster enclosure, 17'-0"	1	EA	1,540.00	1,540
Do not enter sign	1	EA	241.00	241
Rail at ramped slab	14	LF	130.00	1,820
<b>G 2050 Landscaping</b>				
Preserve landscape and irrigation	1	LS	300.00	300
Shrubs and ground cover planting	836	SF	3.80	3,177
<b>Total For Site Improvement</b>				<b>37,550</b>

**G30 Site Mechanical Utilities**

<b>Storm Sewer</b>				
Storm drainage piping and fittings	30	LF	65.00	1,950
Catch basins	1	EA	1,875.00	1,875
Connections to existing	1	EA	2,750.00	2,750
<b>Total For Site Mechanical Utilities</b>				<b>6,575</b>

Verdant Community Wellness Center  
Lynnwood, WA  
Construction Documents Estimate



C & N Consultants, Inc.  
Professional Seal of Consultant

Gross Site Area: 3,534 SF  
Date: February 9, 2016  
Prepared By: AC/NW

**Sitework**

Item Description	Quantity	Unit	Unit Cost	Totals	
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**G40 Site Electrical Utilities**

G 40 Site Electrical Utilities  
No work anticipated

*Existing*

**Total For Site Electrical Utilities**

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Date: **February 9, 2014**  
Prepared By: **AC/NW**

**ALTERNATES  
DETAIL OF ESTIMATE**

Item Description	Quantity	Unit	Unit Cost Incl.	Totals	
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Alternate 1: Remove and replace roofing

Remove and replace roofing with SBS membrane roofing	4,498	SF	13.44	60,453	
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Mark ups (GC's, Fee, Design Contingency & Escalation)	23.63%	%	60,453.12	14,282	
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<b>TOTAL</b>				<b>74,735</b>	
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Alternate 2: New Rooftop Packaged Units

Mechanical

Air conditioning units	4	EA	8,750.00	35,000	
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Modify and connect existing ductwork to new air handling units	1	LS	8,000.00	8,000	
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Controls - modify and extend	1	LS	14,000.00	14,000	
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Trade demolition

Remove existing HVAC equipment	1	LS	5,000.00	5,000	
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Plumbing

Other Plumbing Systems

Gas piping and fittings	100	LF	30.00	3,000	
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Valves and specialties	1	LS	1,400.00	1,400	
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Trade demolition

Demolish gas piping	1	LS	900.00	900	
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Electrical

Electrical connections to new HVAC equipment on roof	4	EA	1,250.00	5,000	
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Trade demolition	1	LS	1,500.00	1,500	
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Mark ups (GC's, Fee, Design Contingency & Escalation)	23.63%	%	73,800.00	17,435	
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<b>TOTAL</b>				<b>91,235</b>	
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Alternate 3: VAV System in Lieu of Existing

Deduct

Base HVAC	(1)	LS	173,603.75	(173,604)	
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Add

Cooling Generating Systems

Date: February 9, 2014  
Prepared By: AC/NW

ALTERNATES  
DETAIL OF ESTIMATE

Item Description	Quantity	Unit	Unit Cost Incl.	Totals
Split system air conditioning units (outdoor and indoor)	1	EA	5,750.00	5,750
Refrigerant piping, fittings and insulation	100	LF	22.75	2,275
Distribution Systems				
Supply/return systems				
Air handling units, VAV, 25 ton	1	EA	75,000.00	75,000
VAV terminal units	15	EA	975.00	14,625
Galvanized steel ductwork and fittings, supply/return	10,000	LB	8.50	85,000
Flexible ducting	300	LF	13.50	4,050
Volume dampers	60	EA	85.00	5,100
Duct insulation, external	1,000	SF	3.50	3,500
Duct liner	3,000	SF	4.00	12,000
Grilles, registers and diffusers	60	EA	165.00	9,900
Exhaust ventilation system				
Exhaust fans, restroom	1	EA	385.00	385
Exhaust fans, demo kitchen	1	EA	2,150.00	2,150
Type 1 kitchen hood	1	EA	8,500.00	8,500
Galvanized steel ductwork and fittings, exhaust	160	LB	8.50	1,360
Aluminum ductwork and fittings, exhaust	20	LB	30.00	600
Grease exhaust ductwork and fittings	565	LB	16.25	9,181
Fire wrap	325	SF	25.00	8,125
Motorized dampers	1	EA	400.00	400
Volume dampers	4	EA	85.00	340
Grilles, registers and diffusers	4	EA	165.00	660
Access panels	6	EA	95.00	570
Controls and Instrumentation				
Controls - modify and extend	1	LS	40,000.00	40,000
Systems Testing and Balancing				
Testing, adjusting and balancing	1	LS	7,000.00	7,000
Other HVAC Systems and Equipment				
Electric heaters	4	EA	500.00	2,000
Trade demolition	1	LS	10,000.00	10,000
Other Plumbing Systems				
Gas piping and fittings	1	LS	1,500.00	1,500
Trade demolition				
Demolish gas piping	1	LS	1,250.00	1,250
Electrical				
Electrical connections to Air Handling Unit	1	EA	2,250.00	2,250

Verdant Community Wellness Center

Lynnwood, WA

Construction Documents Estimate



C & N Consultants, Inc.  
Engineering and Construction

Date: **February 9, 2014**

Prepared By: **AC/NW**

**ALTERNATES  
DETAIL OF ESTIMATE**

Item Description	Quantity	Unit	Unit Cost Incl.	Totals	
Electrical connections to VAV reheat	10	EA	350.00	3,500	
Trade demolition	1	LS	1,500.00	1,500	
Mark ups (GC's, Fee, Design Contingency & Escalation)	23.63%	%	144,867.50	34,225	
<b>TOTAL</b>				<b>179,092</b>	