

Tech Talk Newsletter

OCTOBER 2007

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From the President's Desk

A GRACEFUL EXIT

With great anticipation I look forward to the upcoming Annual Business Meeting and the election of a new CAPT President and Board of Directors. Change is in the air, my job is over and it is time for me to make a graceful exit. As King Whitney Jr. once said "Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better".

I have witnessed the Colorado Association of Permit Technicians (CAPT) grow through challenges, change and experience resulting in a vision that looks into the future seeing things not only as they are, but what they can become. The membership is fortunate to have a Board of Directors that promotes teamwork, clearly communicates the organizational goals and inspires each other as well as its members to move forward with clarity and perseverance.

With the impending election, I encourage the membership to support the new President and Board of Directors by becoming part of the entire process. One of the biggest obstacles and challenges facing CAPT today is member participation. Sparking the interest of its members to participate in committees and activities has been a daunting experience. But, all it takes is one spark to create extraordinary results. Change is opportunity, so as a member be that one spark. Everyone has talent, so use what talents you possess. This unselfish act fully supports the Board of Directors and their efforts, which in turn translates into more activities and meetings without interruption.

In closing I would like to thank the membership, Board of Directors, Becky Baker, Gerry George and everyone that has given me sound advice along the way for giving me the opportunity to relish this incredible journey. I have enjoyed it immensely. The experience has strengthened my soul, inspired my ambitions and allowed me growth through this unforgettable experience. I thank everyone for giving me this opportunity.

Cynthia J. Linker

Capt Meeting

**Don't forget to
RSVP**

**Darla Brooks, CAPT
Program Chair,**
720-874-6609 or
dbrooks@co.arapahoe.co.us

Registration Fee: \$35.00
Cash or Check Payable to
CAPT at the door
(Registration Fee Includes
Breakfast, Breaks, Lunch,
Instructional Materials and
is Non-refundable)

Mark your Calendar

**Wednesday, November 7th
Rocky Mountain
Metropolitan Airport
11755 Airport Way
Broomfield CO**

**Annual Business Meeting,
Election of Officers and Luncheon**

**Bring your new or
gently used Coats
for the "Coats for
Colorado" Drive.**

SMARTCodes

presented by Becky Baker

and

**"How Men and
Women
Communicate—Or
Don't and How
You Can Improve
Your
Communication
with the Opposite
Sex"**

*Presented by
Susan Thornton*

SLATE OF OFFICERS FOR 2008

President Ann Freiberg, City of Commerce City
1st Vice President Darla Brooks, Arapahoe County
2nd Vice President Leslie Carpenter, Jefferson County
Treasurer Kathy Dean, City of Commerce City

Directors
Kimberley Segura-Bates, City of Lakewood
Carrie Vogt, City of Golden
Stephanie Wenholz, City of Central City
Kristy Shutto, City of Wheat Ridge
Nicole Montgomery, City of Westminster

Permit Tech Spotlight

Troy Jones and Mike Salazar, with Jefferson County, are members of CAPT even though their job title reflects Plans Examiner. Both started their County careers as Structural Inspectors then moved into Plans Examiner positions.

Troy and Mike work closely with the Jefferson County Permit Technicians and are always willing to lend a helping hand on code related issues that the front counter handles daily. They realize what a great organization CAPT is and have been members for several years.

CAPT's educational opportunities are not only available to Permit Technicians. Many are designed to benefit the entire Building Department. Building Inspectors, Plans Examiners and even Building Officials have attended CAPT meetings. CAPT welcomes and encourages anyone who feels the education offered would be beneficial to them to attend a CAPT meeting.



TROY



MIKE



TALK OF THE TRADE



Safety Tip

From: The Better Health Channel

Accidents in the workplace are a fairly common occurrence. For the most part, these accidents stem from falls, however, other causes factor in. Great consideration is given to ergonomics, arranging the environment, or adapting the job to fit the worker.

Ergonomics help to eliminate many potential injuries and disorders associated with the overuse of muscles, bad posture and repetitive motion. Suggestions to reduce the risk of muscle and joint problems include:

- * Position the monitor so that it is either at eye level or slightly lower.
- * Position your keyboard at a height that allows your elbows to rest comfortably at your side. Forearms should be roughly parallel with the floor and level with your keyboard.

* Adjust your chair so that your feet rest flat on the floor.

* Use a footstool (if your feet do not rest on the floor when the chair is adjusted for good arm position).

* Switch to an ergonomic chair, which helps your spine to naturally hold its curve while sitting.

* Try an ergonomic keyboard to offer your hands and wrists a more natural holding position.

* Take frequent short breaks and go for a walk or perform stretching exercises at your desk. Stand often.



Ergonomic Exercises Shoulders and Neck



Sitting, elbows up and hands behind head, pull elbows back and stretch up, then bring elbows to meet at the front, repeat



Sitting, elbows at shoulder height, bend arms touching shoulders and extend, repeat



WSAPT Fall Conference

With Marlene taking a trip to Washington to teach "The Professional Permit Technician" class for the WSAPT Fall Educational Conference in September, the CAPT Board thought that they should take advantage of the opportunity to support our fellow Permit Technician Chapter fund raiser.

WSAPT sells homemade scarves to raise money for their Scholarship Fund.

Marlene brought back lots of scarves, in a variety of colors, to raffle off at the November meeting.

Be sure to RSVP for the November CAPT meeting



for a chance to win one of these beautiful scarves.

Marlene's story of her trip to Washington will appear in the December CAPT Newsletter.

MEET

Stephanie Wenholz



Stephanie Wenholz, Deputy Clerk and Community Development Administrative Assistant for Central City, was born in Colorado and grew up in Lakewood. She is a sixth generation Coloradan. Her Great-Grandfather was one of the original Colorado State Patrolmen; his area is now where she works.

Central City is a great little town with a vast history and character. Central City, along with Black Hawk, are National Historic Landmark Districts. There are six Victorian Historical Landmarks within the City. Worthwhile places to visit are the Teller House with the face on the bar room floor, the Opera House, many cemeteries, our historical homes, and not to forget, the casinos. Another claim to fame for Central City, we have one of the oldest Volunteer Fire Departments in Colorado.

The City has 26 employees, which includes the Public Works and Police Departments. The building department is a team of three, Stephanie, her boss Brook Svoboda and Rich Beckman from Colorado Code Consulting. The building department is a small but busy one. The building department processes about 100 permits per year. Some of the permits are from a grant program that the City has been able to provide to the citizens through the state from gaming revenue. The City requires most work to be approved through our Historical Preservation Committee or the Historical Preservation Officer, Brook (the man of many hats.)

Stephanie is a part of CAPT's education committee and communications committee and is running for a board of directors position for 2008. She also serves on ICC's Education Committee. She is looking forward to becoming more involved with CAPT.

Stephanie attended the Metropolitan State College of Denver after graduating high school in 1999. She is married with two children; Clinton Michael (age 5), and Kendra (age 3).

Coats for Colorado

Coats for Colorado has distributed used coats to individuals and families in need since 1982.

This year CAPT is helping out by collecting coats from members at CAPT meetings in September and November.

FACTS:

Over 77,000 coats distributed in 2005
Over 1,500,000 coats distributed since 1982
Over 100 Colorado charities participate
Over 20 years of service to people in need.



Meeting Highlights

September 12, 2007 CAPT Meeting Greenwood Village

Thank you program chair, Darla Brooks, and the Permit Technicians of Greenwood Village, Chris Nash, Karen Struss, and Donna Veatch for planning another great CAPT meeting.



CAPT collected Coats for Colorado at this meeting and will be collecting again at the November meeting.



The morning started with a CAPT business meeting conducted by Ann Freiberg, Vice President, in absence of Cindy Linker, President.

Following the business meeting Tina Lewis-Rowe presented a program called "Make it Easy on Yourself: The Amazing Power of Effective Communications."

Tina is a powerful speaker keeping the audience amused and involved with her great communication skills and her amazing life experiences.



CAPT Library



IMPORTANT NOTICE:

As of January 2007, examinations based on the International Codes will be changed to the 2006 Editions. "You Can Build It" will be replaced with "Basic Code Enforcement."

MATERIALS AVAILABLE FOR CHECKOUT TO CAPT MEMBERS:

-  2006 International Building Code
-  2006 International Zoning Code
-  2002 Legal Aspects of Code Administration
-  2002 Legal Aspects Workbook
-  Basic Code Enforcement
-  VHS Video/World Trade Center: A Modern Marvel (1973-2001)
-  VHS Video/The Quiet Heroes
-  DVD People Helping People

Contact::

Leslie Carpenter at lcarpent@jeffco.us
or 303-271-8287 if you would like to
check out materials from the library.

How to Become a Certified Permit Technician

Books needed for the test

2006 IBC (chapters 1-3, 6, 12 and 34)
2006 IZC
2002 Legal Aspects
Basic Code Enforcement 8th printing

Additional Study Material

2006 Permit Technician Study Companion (ICC)
ICC Campus Online Course

Exam Details and Fees

\$170.00 computerized
60 multiple-choice questions—
Open Book—2hour limit
General Administration 39%
Legal Aspects 22%
Plans and Documents 25%
Zoning and Site Development 14%

Chapter Information



Colorado Chapter of the ICC Meeting Announcement

Date: Friday, October 19, 2007

Location: Golden Colorado

Visit www.coloradochaptericc.org for meeting agenda, map and information.



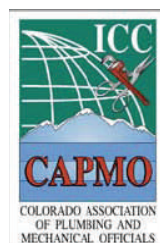
Fire Marshal's Association of Colorado

Doug Hall
President

303.430.2400

dhall@ci.westminster.co.us

www.co-fmac.org



Colorado Association of Plumbing And Mechanical Officials

Sam Dardano
President

(303) 441-4283

dardanos@ci.boulder.co.us

Next meeting November 15, 2007
Jefferson County

ICC CONTACTS

1-888-ICC-SAFE (422-7233)

Web address: www.iccsafe.org

International Code Campus:

www.icccampus.org

ICC Regional Office

Jason vonWeller
Regional Manager, Government Relations
888-422-7233



eNews - The International Code Council's award-winning electronic newsletter, distributed monthly, keeps members and interested parties up to date with International Code Council programs and relevant industry activities. Read the current issue at www.iccsafe.org/news

CAPT is an official Chapter of the International Code Council.