



# CAPT—April 2017 Tech Talk Newsletter

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## From the President's Desk



Spring is FINALLY here! I hope this finds all of you well and gearing up for Summer! Instead of your typical letter from me, I challenge you all to the following riddles.

What's a little more brain damage after Institute week, right? The first person to reply to me with all the correct answers or the most (board members do not count) will have a gift from me at the next CAPT meeting.

1. A man jumps out of a window of a 20-story building. He falls all the way to the ground below, and lands on solid concrete with nothing to cushion his fall. The man gets up, still alive and completely uninjured. How is this possible?
2. Water, water everywhere but no water to drink. Where are we?
3. What has six faces but does not wear makeup? It also has twenty-one eyes but cannot see.

Just a couple of updates: May is Building Safety Month; if you are looking to get involved, please visit the ICC website. Also we have an exciting year of classes; take a look and plan ahead. Hope to see you there. Have a great Spring everyone! See you in May!

You can email me your answers to:  
[jsorensen@cityofwestminster.us](mailto:jsorensen@cityofwestminster.us).

The winner will be announced at the May CAPT meeting. Answers will appear in the June newsletter and if you cannot wait to hear until then I will announce them in May. Have a wonderful month of April and remember:

"The best way to predict the future is to create it!"

### **PRESIDENT**

Jessica Sorensen  
City of Westminster  
303-658-2075

### **VICE PRESIDENT**

Melinda Helmer  
Town of Erie  
303-926-2710

### **TREASURER**

Kimberly Segura-Bates  
City of Lakewood  
303-987-7572

### **DIRECTORS**

Darla Brooks  
Arapahoe County  
720-874-6609

Theresa Campbell  
City of Loveland  
970-962-2504

Ann Freiberg  
City of Commerce City  
303-289-3725

### **PAST PRESIDENT**

Leslie Carpenter  
Jefferson County  
303-271-8782

Visit us online @

[www.cocapt.com](http://www.cocapt.com)

# NEXT CAPT MEETING, WEDNESDAY, MAY 17, 2017



**Hosted by the  
CITY OF LOVELAND**

**LOCATION:**

**Development Center  
410 E 5th Street  
Loveland CO 80537**

**TIME:**

**8:00 am—1:00 pm**

**This class offers 3  
CEU's towards renewal  
of certifications.**

**Please RSVP to: Darla Brooks, CAPT Program Chair,  
720-874-6609 or [dbrooks@co.arapahoe.co.us](mailto:dbrooks@co.arapahoe.co.us)**

Registration Fee: \$35 - cash or check payable to CAPT at the door  
(Registration Fee Includes Breakfast, Breaks, Lunch, Instructional Materials)

**AGENDA**

**"Energy Codes 101- The House as a System"**

This presentation will take a look at where building science principles meet code requirements by looking at how moisture and air get into our building assemblies and why the code is now addressing those issues. We will also look at how the building envelope, the mechanical system and the lighting system all affect each other and how changes to one system will impact the others. This is an introductory class and we will have FUN while we learn.

Shaunna Mozingo  
Colorado Code Consulting

CAPT Vice President, Melissa Mackey resigned from her position on the board last month.

Melissa became a Permit Technician for the City of Wheat Ridge in June of 2008. In 2012 she joined the CAPT board and has served for the past five years. We wish Melissa the very best in her new adventure and thank her for the many years of service to this organization. She will be missed.



Per CAPT bylaws: The position of any board member unable to serve shall be filled by appointment of the Board.

The board has voted to fill the position of Vice President with Melinda Helmer. Melinda has served on the board in the past and was happy to fill the vacated spot for 2017. Welcome back Melinda.

## Permit Tech Spotlight—

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### MEET SHANA—

Hey there! I'm Shana Zimmerschied, a Permit Tech for the City of Loveland. I have worked for the City for two and a half years but have lived in Loveland most of my life. I enjoy all things crafty and artsy as well as reading and spending time with my family.

I'm currently engaged with the terrifying adventure of teaching my 16 year old son to drive. AHHH! I look forward to many more years working at the City of Loveland and furthering my career. I hope to achieve my Residential Plan Reviewer certification before the end of the year.



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### DID YOU KNOW—

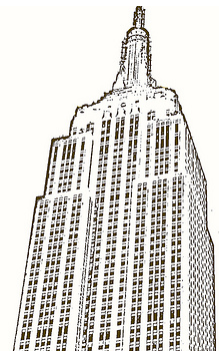
The word skyscraper originally referred to a type of sail on a sailing ship.

A skyscraper is held together by a steel skeleton of vertical columns, horizontal girder beams and often diagonal beams for extra support. This structure distributes the immense weight in a way that ensures the integrity and safety of the building.

Restoration work in 1990 and 2001 shifted the Leaning Tower of Pisa back to an angle of 4 degrees after it was previously leaning at an angle of 505 degrees.

The Empire State Building in New York was the first building to have over 100 floors and was the tallest building in the world from 1931 until 1972.

Tall buildings need fast elevators, recent developments have led to elevators that can travel up to, and sometimes over, 1000 meters a minute (3280 feet a minute).



# Importance of Stretch Breaks at Work

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Our bodies are not designed to stay in one position all day. Short frequent breaks will increase blood flow, which helps to fight stiffness, fatigue, and pain.

**It is recommended that for every hour of work at a desk, a person stretch for 5-10 minutes.**

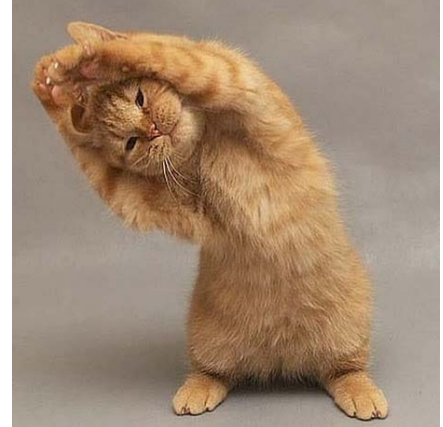
You can take stretch breaks in several ways.

- If you are sitting in front of your computer, try standing, walking or stretching while

you are on the phone. Stretch whatever areas feel tight. Stretch slowly and gradually increase the stretch to your tolerance. The more often you practice stretch breaks, the better you will feel.

- Pair your stretch breaks to an action you do frequently such as using the printer or walking to the restroom, makes the break a habit.

- Have a "stretch buddy" and take turns reminding each other when it's time to take a stretch break.



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## 2017 CAPT MEETING DATES, AGENDAS AND LOCATIONS

Note: November location has changed.

City of Loveland  
Wednesday, May 17, 2017  
"Energy 101—House as a System"  
Shaunna Mozingo

City of Black Hawk  
Friday, July 28, 2017  
"Plan Review with a Twist"  
Steve Thomas

City of Westminster  
Wednesday, November 8, 2017  
"Terminology Extravaganza"  
Glenn Mathewson

# Building Safety Month—MAY 2017

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*The regulation of building construction is not a recent phenomenon. It can be traced through recorded history for more than 4,000 years.*

*Through time, people have become increasingly aware of ways to avoid the catastrophic consequences of building-construction failures.*

## Weekly Themes

### WEEK ONE // May 1-7, 2017

*Mentoring the Next Generation of Building Professionals*

### WEEK TWO // May 8-14, 2017

*Building Design Solutions for All Ages*

### WEEK THREE // May 15-21, 2017

*Manage the Damage – Preparing for Natural Disasters*

### WEEK FOUR // May 22-28, 2017

*Investing in Technology for Safety, Energy & Water Efficiency*



## Who Needs Building Codes

All communities need building codes to protect their citizens from disasters like fires, weather-related events and structural collapse. Model building codes are society's best way of protecting homes, offices, schools, manufacturing facilities, stores and entertainment venues. Code officials work day in and day out to keep the public safe. Building Safety Month is a month-long celebration of all aspects of building safety that helps families, employers and leaders understand and appreciate the best practices that keep the places where we live, work and play, safe. For more information visit: [www.iccsafe.org](http://www.iccsafe.org)

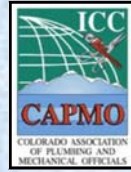
# What's Happening



## Colorado Chapter of the International Code Council

**Next Meeting**  
June 9, 2017  
Fort Lupton Colorado

Visit: [www.coloradochaptericc.org](http://www.coloradochaptericc.org) for  
meeting agenda, map and information.



## Colorado Association of Plumbing and Mechanical Officials

**Next meeting May 18, 2017**  
**Jefferson County**

Sam Dardano, President  
[samdardanojr@msn.com](mailto:samdardanojr@msn.com)  
303-912-7008



## Fire Marshal's Association of Colorado

Bruce Kral / President

[www.fmac-co.org](http://www.fmac-co.org)



## ICC CONTACTS

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

Web address: [www.iccsafe.org](http://www.iccsafe.org)

International Code Campus:

[www.icccampus.org](http://www.icccampus.org)

## ICC 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](http://www.iccsafe.org/news)

## WANTED

### CAPT Committee Volunteers

- Communication
- Corporate Affairs
- Membership
- Program/Education
- Public Relations

Contact any board member to sign up for  
the board or a committee.



## PermitTechNation

[www.permittechnation.org](http://www.permittechnation.org)

PermitTechNation was founded by  
Permit Technicians from across the  
United States via networking  
through ICC and the Annual  
Conferences.

**CAPT is a member of PTN**