



CAPT—April 2011 Tech Talk Newsletter

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We're on the web
www.cocapt.com

From the President's Desk

It's hard to believe but spring has arrived and it's time to start making a list of things you'd like to do around the house, both inside and out. Things like repairs, deep cleaning, and airing out rooms. It's also a great time to test your smoke and carbon monoxide detectors and change out the batteries.



The next CAPT meeting will be in May at the Recreation Center in Erie. We will have two speakers presenting on Zero Waste Events and Energy Code At The Permit Counter.

This event will be a zero-waste event, which is a first for CAPT, that we are very excited to try out! A zero-waste event reduces the volume and toxicity of waste and materials, conserves and recovers all resources, and does not burn or bury waste. Eighty-Five percent of the waste generated is recycled or composted. This means that there can be a very limited amount of trash. We hope to see you there!

May is Building Safety Month, which promotes awareness about building codes and building safety. Each week focuses on a different core theme, including Energy & Green Building, Disaster Safety & Mitigation, Fire Safety & Awareness and Backyard Safety.

I would encourage all of you to visit the Building Safety Month website (www.buildingsafetymonth.org) to learn more about how you can promote awareness and get involved. It can be as simple as printing off some of the information provided on the website for customers and encouraging your jurisdiction to sign a proclamation in support of Building Safety Month.

As we have done in the past, CAPT along with CCICC, CAPMO and FMAC sent a proclamation request to Governor Hickenlooper's office for his signature in support of Building Safety Month.

I look forward to seeing everyone at the Erie meeting.

Nicole Montgomery

NEXT CAPT MEETING, WEDNESDAY, MAY 11th

Hosted by the Town of Erie

TIME:

8:00 am—4:00 pm

LOCATION:

**Erie Community Center
Mitchell Room
450 Powers Street
Erie, CO 80516
303.926.2550**

TOPICS:

ZERO WASTE EVENTS

Carey Rangel, Environmental Analyst for the City of Westminster will discuss zero waste events where 85% of the waste generated is recycled or composted, resulting in a limited amount of trash.

ENERGY CODE AT THE PERMIT COUNTER

Shaunna Mozingo, Energy Code Consultant with Colorado Code Consulting will cover common questions that may come up at the permit counter regarding the International Energy Conservation Code (IECC). Topics covered will include insulation, windows, equipment, lighting, terminology, code changes, and assisting customers with the code. Participants will have the chance to learn about requirements under the various editions of the code that their jurisdiction might have adopted with a final focus being on the 2009 IECC.

Please RSVP to: **Darla Brooks, CAPT Program Chair,**
720-874-6609 or 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)

What is a Zero-Waste event?

A zero-waste event reduces the volume and toxicity of waste and materials, conserves and recovers all resources, and does not burn or bury waste. Eighty-five percent of the waste generated is recycled or composted. This means that there can be a limited amount of trash.

Cups—PLA corn-based alternative to plastic: As opposed to “regular” plastics that are made from petroleum, these products are made from an annually renewable resource—corn. Cold cups are entirely made from PLA whereas hot cups are paper lined with PLA. Can also use the red Solo cups if they are recycled.

Plates—Bagasse, sugarcane-based alternative to tree paper. The raw stalk pulp is used after the “cane sugar” is extracted. Previously, the excess crushed stalks were burned or discarded.

Flatware—vegetable starch-based alternative to high-heat plastic: To make this cutlery, vegetable starch is fermented, natural stabilizing products are added and the final produce is molded.

Napkins/Paper Towels—100% recycled: 900 million trees are turned into paper and pulp every year. Using recycled paper products uses 60% less energy than virgin paper, and each ton saves 17 trees! Any napkin can be used if it is not lined with plastic.

Liner Bags—Trash liners and collection bags are available in compostable material. Made from corn, they compost just like PLA. Brands like Bio Bag are sold at Target.

Where to Buy:

Target

Eco-Cycle-Sells pre-made Zero Waste Event Kits for small events.

www.ecocycle.org/zwevents/kit.cfm

Waste Farmers www.wastefarmers.com

Costco www.costco.com – Search for “compostable”

Material Collection and drop-off:

Recycle Bin—used to collect aluminum, glass and plastic beverage containers.

Compost Bin—Used to collect compostable plates, cups, napkins, and flatware. Materials must be collected in a Bio Bag. Place in your own compost bin, or bring to Whole Foods for composting.

Trash—Used for miscellaneous items such as chip bags, condiment packets, butter tubs, etc.

Permit Tech Spotlight—Shaunna Mozingo



How is it that you get from a nursing and accounting background to a code consultant and President of the Colorado Chapter of ICC? I have asked myself that a lot this year as I reflect back over just how I got to where I am today and the only thing I come up with is being in the right place at the right time and then a lot of wonderful people helping, supporting and pushing me to be whatever it is I wanted to be. Am I there yet? I don't know if I'll ever be "there". I am too curious to be satisfied with learning one thing and sticking with it completely. There's too much to know and too much to do to tie myself to one thing and call it good.

I went to college with a math major and physical education minor, thinking someday I'd teach and coach. Then I decided to switch course paths and became an EMT and went to nursing school. I wanted to help people and I decided that I needed to be a trauma nurse. Well, I also

raced motocross and had a little run in with a jump during one race and broke my back so the trauma nursing was not in the picture anymore. It was back to number crunching and finance. I spent many years as a bookkeeper for different businesses and still have my own bookkeeping business that I somehow barely run during tax season.

In 2001 I got a job as a finance tech for the City of Glenwood Springs. I worked in the finance department for about 6 months when an opening came available in the Building Department for an Administrative Assistant. I didn't know if I had the qualifications but I knew that I could calculate permit fees and that I could learn the rest so for some reason I just applied and the next thing you know I found myself behind the permit counter.

My first Building Official was Russell Grance. He used to drive me absolutely crazy and I mean that in a good way. Russell helped me learn the ropes at the counter and then within about 6 months he was pushing me to learn more. A customer would come to the counter and ask a building code question and I'd go ask Russell but all he would say is, "look it up, it's in section so-and-so". I would get frustrated because I had so much to do and I just wanted him to answer the customer's questions so that I could get my work done. I didn't see the gift he was giving me at the time but before you knew it I was able to answer questions and knew how to navigate around the code books so Russell encouraged me to get my first certification, Building Plans Examiner. That was a tough test and I was freaked out about going to get it but I did it and it made me feel so great about myself because I proved to myself that I was able to learn it and it actually made a little bit of sense. I later got my permit tech and then building inspector certifications as well as combination Plumbing Inspector Certifications and an opening came up for an inspector in Glenwood so I was able to transfer to that position. The nice thing was that I had already worked with all of the contractors daily at the front counter so going out into the field wasn't as intimidating as I thought it would be. The contractors were eager to help me learn the ropes as well as the other inspector at the City.

During my time in Glenwood Springs I was allowed to serve on the board for CAPT and loved being involved in that organization. It was a vibrant, growing association and it was fun finding new ways to get people involved with learning. I remember hosting a meeting in Glenwood for CAPT once and getting to teach my first class on Disaster Mitigation. I had been allowed to write an Emergency Preparedness Plan for Glenwood and shared my experience of writing it with the CAPT members and once I was done presenting I knew that I wanted to teach. I didn't get a chance to do that again for a while but I still had so much to learn. Meanwhile I started getting involved with the Colorado Chapter of ICC, helping with their membership directory and mailings and then eventually the newsletter and pretty soon I was asked to sit on the board. My first year on the CCICC board I was also the Vice President of CAPT so it was quite tricky being on both and eventually resigned my position on the CAPT board.

In 2005 I accepted a job with the City of Westminster as an Assistant Plans Analyst, the best move I could have made in my new found career. I now worked for the best mentor and Building Official you could ever hope to have, Dave Horras.

Permit Tech Spotlight (cont)



I had a passion for my job, the code and for my community and sometimes didn't know how to channel that passion so I spent my time in the "Principal's Office" now and again but Dave made sure that I always learned from it.

I also had a great supervisor at the time, Bill Clayton. Bill just kept teaching me and letting me make my mistakes and learn from them all. He encouraged me to get more certifications so I went out and got the Accessibility Plans Examiner, and then my Energy Inspector/Plans Examiner certifications. I was able to get more involved in the Colorado Chapter and started attending Code Change Committee meetings. Before I knew it I was going to my first code hearings in Orlando, Florida and I was hooked. I have never learned so much about the code as I have by sitting through a set of code hearings.

I happened to sit in on the Energy Code hearings and noticed that there were a bunch of insulation, glazing, and mechanical manufacturers trying to get things in the energy code but there weren't any code officials there to make sure it was actually doable or enforceable. I remember at that first hearing writing down some names of people that I saw testifying who really caught my attention and when I got back to work I Googled their names and finally found contact information for them and started calling them to ask energy code questions, strictly from an enforceability point of view. I still work with these folks on code changes today.

It just so happened that at that same time Westminster was in the process of adopting the 2006 I-Codes and Bill Clayton said to me, "Shaunna we are adopting the IECC and I want to ramp up our enforcement of it, take a look at it and see what we need to do and get back to me." Oh yes, another challenge to learn and help out so I took it on with a vengeance. I called the only local person that I knew at the time who was already enforcing the Energy Code and could also give me some assistance with what in the world a Manual J and Manual D were, you guessed it, Gil Rossmiller. Gil gladly came to Westminster and gave us a quick rundown on equipment sizing and load calculations. I had absolutely no mechanical background so I'm sure that I looked like a deer staring in the headlights because I know that is how I felt. I remember getting the actual Manual J and Manual D books from ACCA and I had a chapter meeting to attend in Trinidad or somewhere down south so instead of getting a hotel I packed my camping equipment and my new books and I went to the chapter meeting and then camped out all weekend and read those books until I thought I understood them. Thankfully they are written so that even I could understand them. When I got back to work I was able to give a presentation on Manual D to our staff and so it all began.

I kept getting involved in code change and eventually took on the Energy Code as my "pet", although looking back I realize that a dog may have been a better choice. I have been very active at the national level fighting for an enforceable Energy Code. I don't know if I should thank Bill or curse him for getting me involved to the level that I am. Seriously though, it has been a tremendous experience and I have learned and grown so much by taking it on. The same is true with my involvement with the Chapter. I have learned and grown so much from my first days on the board. I was a board director for a couple of years, Secretary for two years and then advanced up through the ranks to my current position as President. What a journey. What an absolute awesome organization.

Today I am working for Colorado Code Consulting as an Energy Code Consultant and Plans Analyst. My assigned jurisdiction is Cherry Hills Village. I have been traveling and teaching, learning and consulting and it has been a tremendous experience so far. I will get to travel to almost every jurisdiction in Colorado at some point this year to visit with code officials about the Energy Code and to do some teaching. I was allowed to teach my first classes at the Chapter's Educational Institute this year and that was quite an experience as well. Each time I teach I learn something new, I hope that never changes.

The biggest thing that I have taken away from all of these jobs and positions is that I have been allowed to succeed because others offer to me that when I succeed, they succeed. My bosses did not hold me back for fear of losing me, they allowed me to grow and to take it where I wanted to take it and I don't know how to ever thank them for that. My next goal is to become a Building Official in a jurisdiction that will allow me to nurture and support someone the same way that I have been supported; a place to grow those individuals who are curious and have the desire to make it all that they can make it. For now, I still have a lot to learn and a lot to do and I will enjoy doing it!

Importance of Stretch Breaks at Work

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.

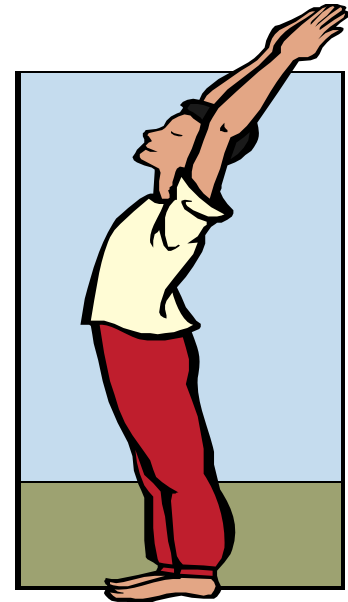
You can take stretch breaks in several ways.

- 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.



2011 Colorado Chapter of the ICC Educational Institute

A BRIEF HISTORY LESSON

Stairways, Landings & Ramps Exceptions

- > Rail, 34-38" high, 50lbs PLF
- > 18" horizontally distance with guard or handrail and infill installed
- > "When a solid wall or panel extends from the plane of the adjacent walking surface to 34" to 36" above the floor and the construction at the top of that wall or panel is capable of withstanding the same horizontal load as a guard."

388 READING PLANS
DENVER, COLORADO

Blueprint Reading Residential and Commercial

Thank you Steve Burger, Steve Thomas, Glenn Mathewson and Lynn Pollard for another great week of outstanding education.

Building Safety Month—MAY 2011



WEEK ONE
MAY 1-7
ENERGY & GREEN BUILDING



WEEK TWO
MAY 8-14
DISASTER SAFETY & MITIGATION



WEEK THREE
MAY 15-21
FIRE SAFETY & AWARENESS



WEEK FOUR
MAY 22-31
BACKYARD SAFETY



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.

www.buildingsafetymonth.org

WHO NEEDS BUILDING CODES?

We all do—whether in our homes, offices, schools, stores, factories, or places of entertainment. We rely on the safety of structures that surround us in our everyday living. The public need for protection from disaster due to fire, structural collapse, and general deterioration underscores the need for modern codes and their administration.

HOW RELIABLE ARE THEY?

Most aspects of building construction—electrical wiring, heating, sanitary facilities—represent a potential hazard to building occupants and users.

Building codes provide safeguards. Although no code can eliminate all risks, reducing risks to an acceptable level helps.

WHAT IS A BUILDING CODE?

Practically, it is the government's official statement on building safety. Technically, it is a compendium of minimum safety standards arranged in a systematic manner (codified) for easy reference. It embraces all aspects of building construction—fire, structural, plumbing, electrical, and mechanical.

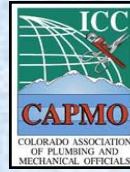
What's Happening



Colorado Chapter of the International Code Council

Next Meeting April 15, 2011
Louisville, Colorado

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



Colorado Association of Plumbing and Mechanical Officials

Next meeting May 19, 2011
Jefferson County

Sam Dardano, President
samdardanojr@msn.com
303-912-7008

2011 CAPT MEETINGS

May 11, 2011
Town of Erie

July 27, 2011
Jefferson County

November 16, 2011
City of Westminster



ICC CONTACTS

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

Web address: www.iccsafe.org

International Code Campus:

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

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.



Fire Marshal's Association of Colorado

David Lowrey
President
303-441-4356

lowreyd@bouldercolorado.gov

www.co-fmac.org

Permit Certification Testing

All National Certification examinations that are referenced to the International Codes will be on the 2009 versions.

Books needed for the Certified Permit Technician test:

2009 IBC (chapters 1-3, 6, 12 and 34)

2009 International Zoning Code

2002 Legal Aspects of Code Administration

Basic Code Enforcement—8th printing

Exam Details and Fees

\$180.00 computerized

60 multiple-choice questions—

Open Book—2 hour limit

General Administration 39%

Legal Aspects 22%

Plans and Documents 25%

Zoning and Site Development 14%

Number to call to schedule an exam

1-800-275-8301

CAPT Library

- 📖 2009 International Building Code
- 📖 2009 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



Study Materials available for checkout to CAPT members.

Contact:

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