

TECH TALK NEWSLETTER



January 2011



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We're on the web
www.cocapt.com

FROM THE PRESIDENT'S DESK



As your new President, I am honored to serve CAPT for the upcoming year. I'd like to extend a welcome to Melinda Helmer from the Town of Erie who is joining the Board of Directors as Vice President as well as Bonnie Muhigirwa from the City of Aspen who is joining as a Board Member. Thank you to Darla Brooks for her excellent work as President in 2010!

Many thanks go to our departing board member, Leslie Carpenter, who was elected to the initial CAPT Board in its inception in 1999 and has been a board member ever since. I wanted to say on behalf of all CAPT members, we recognize and appreciate your devoted efforts. Your dedication and hard work has contributed to the success of this organization. You will be missed greatly by the Board of Directors and all of the members of the organization.

CAPT relies and thrives on the energy, enthusiasm and commitment of our members. Without member involvement, we fail. Together, we succeed and excel. There is plenty of opportunity for involvement within the CAPT organization, so I would encourage you to not just sit by the sidelines, but get involved! There are many reasons why volunteering can be a rewarding experience, including developing new skills, making a difference, helping others, meeting good people, expanding your horizons, strengthen your resume and making new friends.

Stop sitting in the stands and get in the game! Volunteer for a committee, write a newsletter article, attend a meeting and be a part of the future of CAPT.

CCICC 26th Annual Educational Institute

February 28—March 4, 2011
 Denver Tech Marriott Hotel
 4900 South Syracuse
 Denver Colorado
 1-800-266-9432



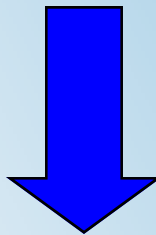
Technical Aspects Course Path

Monday/Tuesday
 The Complete Permit Technician
 Steve Burger

Wednesday
 Reading Plans
 Steve Thomas

Thursday
 Building Codes for Decks
 Glenn Mathewson

Friday
 Managing Change in Turbulent Times
 Lynn Pollard



Register Online
<http://signup.coloradoicc.org>

CAPT COMMITTEES

Communication - is responsible for compiling the quarterly Tech Talk newsletter, overseeing the Permit Technician library, and for the design and maintenance of the Web site and/or any other requests as directed by the Board of Directors.

Corporate Affairs - is responsible for:

- 1) Promoting sound records management practices and for collecting and maintaining the historical records of the Association,
- 2) By-Laws and By-Law amendments,
- 3) Soliciting candidates interested in serving as officers of CAPT and for conducting the election of persons to the offices of President, Vice President and Board of Directors, and
- 4) Prepare the Chapter budget, prepare the corporate income tax and advise the Chapter in other corporate affairs and/or any other requests as directed by the Board of Directors.

Membership - is responsible for facilitating membership renewals, ensuring that member needs are met, and soliciting new members of the Colorado Association of Permit Technicians and/or any other requests as directed by the Board of Directors.

Program/Education - shall promote and support the ideals of the International Code Council. Conceptualize, develop and maintain all materials and programs necessary to initiate and carry on any manner of education, training, or intellectual endeavor pertaining to Building Safety Week, Colorado Construction Career Days, etc., and/or any intellectual endeavors intended to improve the performance and professionalism of any individual for the training meetings and/or any other requests as directed by the Board of Directors.

Public Relations - is responsible for marketing and promoting CAPT and the organization of community service activities and/or any other requests as directed by the Board of Directors.

VOLUNTEER

TALK OF THE TRADE



A building code is a set of rules that specify the minimum acceptable level of safety for constructed objects such as buildings and non building structures. The main purpose of building codes are to protect public health, safety and general welfare as they relate to the construction and occupancy of buildings and structures. The building code becomes law of a particular jurisdiction when formally enacted by the appropriate authority.

There are often additional codes or sections of the same building code that have more specific requirements that apply to dwellings and special construction objects such as canopies, signs, pedestrians, walkways, parking lots, and radio and television antennas.

The practice of developing, approving, and enforcing building codes varies considerably among nations. In some countries, building codes are developed by the government agencies or quasi-governmental standards organizations and then enforced across the country by the central government. Such codes are known as the **national building codes** (in a sense they enjoy a mandatory nation-wide application).

In other countries, where the power of regulating construction and fire safety is vested in local authorities, a system of model building codes is used. Model building codes have no legal status unless adopted or adapted by an authority having jurisdiction. The developers of model codes urge public authorities to reference model codes in their laws, ordinances, regulations, and administrative orders. When referenced in any of these legal instruments, a particular model code becomes law. This practice is known as *adoption by reference*. When an adopting authority decides to delete, add, or revise any portions of the model code adopted, it is usually required by the model code developer to follow a formal adoption procedure in which those modifications can be documented for legal purposes.

There are instances when some local jurisdictions choose to develop their own building codes. At some point in time, all major cities in the United States had their own building codes. However, due to ever increasing complexity and cost of developing building regulations, virtually all municipalities in the country have chosen to adopt model codes instead. For example, in 2008 New York City abandoned its proprietary *1968 New York City Building Code* in favor of a customized version of the International Building Code. The City of Chicago remains the only municipality in America that continues to use a building code the city developed on its own as part of the *Municipal Code of Chicago*.

These requirements are usually a combination of prescriptive requirements that spell out exactly how something is to be done, and performance requirements which just outline what the required level of performance is and leave it up to the designer how this is achieved. Historically, they are very reactive in that when a problem occurs the building codes change to ensure that the problem never happens again. In recent years, there has been a move amongst most of the building codes to move to more performance requirements and less prescriptive requirements.

Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding barriers, quietly building new structures.

John F Kennedy

H i g h l i g h t s

Congratulations to:

Your Name and Jurisdiction Here, on passing your "certification test here".

If you have recently passed an ICC exam or have a milestone you would like to share let us know. We would like to acknowledge your success. Please send your name, jurisdiction and type of certification received to: lcarpent@jeffco.us



Permit Tech Spotlight



Bonnie Muhigirwa will be serving as one of the CAPT directors in 2011.

She has worked for the City of Aspen for the past three years, and looks forward to representing the Western Slope on the board.

Bonnie enjoys many aspects of being a permit technician including helping people through the permit process and demonstrating that the building department can be a help rather than a hindrance to their project.

One of her goals for 2011 is to further her code knowledge and pass the residential plans examiner certification test.

Outside of work, she loves spending time with her one year old son, Nico. His big smiles and hugs make all other problems pretty obsolete.

She also loves to be outside – running, hiking, skiing, etc. They are definitely spoiled in Aspen because she can ski on her lunch hour!

Bonnie gets a lot of questions about her last name. Muhigirwa is her married name, her husband is Rwandan. They met in Africa while she was interning with an NGO. Rwanda is a beautiful country, and they try to make it back to visit family and friends every year or so.

We are happy to welcome Bonnie to the board, and know she looks forward to meeting all of you at future CAPT events!



**CAPT Annual Business Meeting
November 17, 2010
City Park Recreation Center-Westminster Colorado**



Above: Captive audience for speaker, Randy Ferguson, M.A. Randy inspired us with an interactive class teaching us how to be who we were meant to be.

Right: Sara Yerkes, Senior VP-ICC Government Relations, Honorary CAPT member Gerry George, CBO—City of Golden and newly elected CAPT Vice President, Melinda Helmer-Town of Erie.



Installation of 2011 CAPT Officers. Vice President-Melinda Helmer, President-Nicole Montgomery, Past President-Darla Brooks and Sara Yerkes— Thank you Sara!

CAPT is recruiting for 2012 officer and board positions.

The board would like to extend an invitation to anyone interested in serving in 2012 to attend board meetings in 2011. The next board meeting will be held at the City of Lakewood in February.

Serving on the CAPT board is a great opportunity and offers CEU's for certification renewal.

Joining a committee is another great way to be involved in CAPT. Most communication is done through email with no time away from your office.

CAPT Committees

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

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

WANTED

Have you always dreamed of being a writer? Here's your chance. Looking for an individual to write articles for the Talk of the Trade portion of the newsletter. Contact lcarpent@jeffco.us if you are interested.

CAPT 2011 Officers

President—Nicole Montgomery
1st Vice President—Melinda Helmer
Treasurer—Kathy Dean

Board of Directors

Kimberly Bates
 Ann Freiberg
 Bonnie Murhigirwa



Past President—Darla Brooks

Did you know:



Chocolate: Eating chocolate releases the neurotransmitter serotonin in your brain, which makes you happy. But research has found that most people who crave chocolate because there are often deficient in magnesium and B vitamins, especially B6 and B12.

Sugar: People who crave sweets may have blood-sugar imbalance. This means your body could be producing too much insulin in response to the sugar you are eating, which contributes to the cycle of craving and crashing. This is often a pattern found in people with insulin resistance.

Salt: Craving salt may mean you are eating too much or too little of the mineral. However, salt cravings have also been linked to over stimulation of the adrenal glands. The adrenal glands release hormones in response to stress and can become fatigued, which in turn can lead to weight gain and decreased energy throughout the day.

Protein: You need a variety of proteins to get all the essential amino acids. People who crave protein may have an amino acid deficiency, an iron or mineral deficiency, blood-sugar imbalance, or it could indicate your body is losing lean muscle mass.

Tid Bit

10 Tips On Ladder Use.

1. Carefully inspect the ladder for defects, checking for cracks, corrosion and that bolts and rivets are secure. Tag and remove unsafe ladders from service.
2. Make sure the ladder's feet work properly and have slip-resistant pads.
3. Use a fiberglass ladder if there is any chance of contact with electricity.
4. When setting the ladder, look for a safe location with firm, level footing and rigid support for the top of the ladder. Be sure to set it at an angle per the manufacturer's guidance.
5. When climbing off a ladder at an upper level, make sure the ladder extends three feet above the landing.
6. When climbing the ladder, use three points of contact -- keep one hand and both feet or both hands and one foot in contact with the ladder at all times.
7. Never carry any load that could cause you to lose balance.
8. Never stand on top of a ladder.
9. Don't pull, lean, stretch or make sudden moves on a ladder that could cause it to tip over. A scaffold or other safe working surface may be a better choice for your task.
10. Avoid setting the ladder near exit doors, near the path of pedestrian or vehicular traffic.

(The Washington State Department of Labor and Industries)



Colorado Chapter of the International Code Council Meeting Announcement

Date: Friday, February 18, 2011
Location: Jefferson County Fairgrounds

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



ICC CONTACTS

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

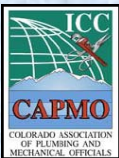
Web address: www.iccsafe.org

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



Colorado Association of Plumbing and Mechanical Officials

Sam Dardano
President
(303) 441-4283

dardanos@ci.boulder.co.us

Next meeting January 20, 2011
Jefferson County



Fire Marshal's Association of Colorado

David Lowrey
President
303-441-4356

lowreyd@bouldercolorado.gov

www.co-fmac.org

CAPT LIBRARY

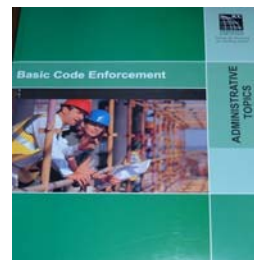
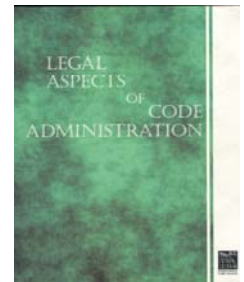


- 📖 2009 International Building Code
- 📖 2009 International Zoning Code
- 📖 2002 Legal Aspects of Code Administration
- 📖 2002 Legal Aspects Workbook
- 📖 Basic Code Enforcement
- 📖 VHS Video/World Trade Center: A Modern Marvel (1973-2001)
- 📖 VHS Video/The Quiet Heroes
- 📖 DVD People Helping People

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.



Excellence is not a skill it's an Attitude

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