



SAABE TIMES

A publication of the San Antonio Association of Building Engineers

August 2015

Mark Your Calendar

JOIN US FOR OUR AUGUST MEETING!

The next General Membership Meeting of the San Antonio Association of Building Engineers is set for 11:30 am on Wednesday, August 26, 2015 at the Embassy Suites Hotel (7750 Briaridge Drive; northeast corner of IH-10 and Loop 410).

The presentation will be on TPO Roofing Systems presented and sponsored by Texas Fifth Wall Roofing.

RSVPs are due no later than Monday, August 24th at 5:00pm.

If you must cancel your attendance, please email Britney Brantley at saabetx@gmail.com BY **MONDAY, AUGUST 24TH, AT 5:00PM** so we can cancel your meal. Cancellations received after this time will still be invoiced.

RSVPs are REQUIRED, so we can be sure to have enough meals on hand!

Many thanks to our Vendor Sponsors!

Master Level

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Joe W. Fly Co., Inc.

Western Waterproofing

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Voss Lighting

Engineer Spotlight

by Jeff Turov

Hector Martinez

Building Engineer

Cushman and Wakefield

12500 San Pedro Avenue, #575

San Antonio, TX 78216

hector.martinez@cis.cushwake.com

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Tell us about yourself.

I am a San Antonio native and graduated from South San High School. Throughout my career I have served the commercial real estate industry either as an electrician or a building engineer. Over the years I have held positions as building engineer at the Tower Life Building, Koger Center, Rackspace and now am responsible for three buildings through Cushman Wakefield. I earned my electrical certification through St. Phillips College and plan on returning to earn my HVAC certification as well. I have been a member of SAABE for 1.5 years.

Hobbies: what do you enjoy during off-hours?

My greatest past time is fishing and it does not matter if it is salt or fresh water. I actually was recently bay fishing on a charter boat and ended up catching the largest fish of the day. Although it was only a hardhead I did win a free return fishing trip.

Family/children?

I have two sons – one is 18 and the other is 14. My girlfriend of eight years has kept me focused and is always willing to lend an ear whenever necessary.

What is one life philosophy that you adhere to?

Never underestimate the importance of education. Life is a learning experience and we should take the opportunity to learn something every day.



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Above the Ceiling

by Paul Thompson, SAABE President

Summertime! And the living is...

Easy?!!!!! With 100 degree plus temps stretching as far as you can see and the humidity already a fine soup at 6:00 in the morning, easy is not the first word that comes to mind. After the unusually hard rain and cooler temps that stretched from April through June, some of us forgot momentarily what the true South Texas summer is really like.

If you are still in the recovery process of rooftop and mini split condenser coils that got hammered from the hail that rolled through, your troubles may not quite be over. And if those damaged coils (that have already lost much of their ability to reject heat) are dirty, these higher temps can push head pressures into the red zone. And heaven forbid a condenser fan decides to go belly up...

And so, there is work to be done on the roof. It might, be you, might be a contractor, but it is hot out and it's not taking care of itself. So, use sunscreen, wear light weight, light colored clothing and a wide brimmed (what Alfred would call "an old man hat"). Pace yourself, take regular breaks (in AC if possible), use fans or ice towels. Whether on the job or at the house or, if you're working in the heat, drink plenty of water (possibly supplementing with a sports drink), try to work in the morning and stay in the shade if possible.

Pay attention to signs of heat stress like confusion, dark urine (sign of dehydration), dizziness, fainting, fatigue, headache, muscle cramps and nausea. Remember that a high relative humidity (like we have here in South Texas) hinders the ability of the body to cool itself by perspiration and this is compounded when we are in bright sunshine (like on a TPO roof while working on an AC unit). Know that certain health conditions (among these obesity, high blood pressure and diabetes) can make you more susceptible to heat-related stress; these and some other conditions may make you likely to underestimate your ability to tolerate the heat!

(continued...)

(cont'd...)

Some medications (among these diuretics, sedatives, heart and blood pressure meds) may also affect your ability to cope with extreme heat and humidity. Know also that if you have experienced a heat-stress event, that your body may take a week or longer to recover; avoid stressing it more during this time.

Remember how when you were young and invincible and didn't worry about anything? Heat stress is one of those things that can sneak up on you, so be ready for it. And don't forget about that Contractor changing out the compressor while you are in your air conditioned building; is someone checking on him? Aint no Superman out there when it comes to fighting the sun and we all need to look out for each other.

Thanks to WebMD for much of the info contained above!

SAABE JOB BANK

Looking for a job? Know a great Engineer who will be a great asset to San Antonio building?

Check out the SAABE Job Bank on our website:
www.saabe.org.



Have a job position to fill? Email your job posting and contact information to Britney Brantley at sabetx@gmail.com to get your listing on our website!

July 2015 Luncheon Summary

by Mark Rybczynski

July's meeting was pretty informative with a stand in presenter on IAQ . Thank you to the Joe Fly Co, for putting this together. Joe Viramontes from the Fellow Company presented a great class on indoor air quality and odors and way to remove them.

Denise Rizzo spoke to us about our next SAABE serves project for the Children's Bereavement Center of South Texas. They are located at 205 W. Olmos, and they provide support groups for children that have suffered losses to their family. More information is to follow about what we are going to do.

Good, Bad and Ugly tour will be held at the Park Oaks building on August 27th from 11-12pm. Show casing the lighting retro fit that was completed to LED lights in the building. Howard Newsome is the engineer there and he has come up with some very creative ways to complete this project.

Again RSVP's are very important to monthly meetings so we will have enough seats and meals when you arrive. See you all next month at the meeting on the 26th.



The 2015 Membership Directory is now available! If you are an active member, pick your copy up at the next luncheon!

Vendor Rep Report

by Randy Cummings



This is the time of year I wished I lived in Alaska! We're exceeding 100 degrees everyday and the rain has vanished. I'm just bedding down till September now. The economy in San Antonio has also been hot this summer. Every vendor I talk is as busy as they can handle. It seems the property

management companies have money to spend and the vendors are happy to help them spend it.

We are always looking for sponsors and presenters for our general membership and last Thursday training. Just remember to leave the sales pitches at home and keep it educational. I try to beat this home but still have trouble getting through to some vendors. I can assure you the engineers are much more impressed with your knowledge and service than with your sales ability. Please respect the organization and stay on topic and drop the sales pitches.

And remember to RSVP!



INTERESTED IN ADVERTISING?

Contact Britney Brantley, SAABE Association Manager at saabetx@gmail.com for advertising opportunities and rates!

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THE GOOD, THE BAD & THE UGLY

By Doug Graves



Don't miss the next The Good, the Bad & the Ugly meeting!

THURSDAY AUGUST 20TH AT 11:30 AM

For any questions, contact Doug Graves at [210-870-0903](tel:210-870-0903).

The Good, Bad & Ugly Committee

August 20, 2015

11:30 am

Park Oaks Centre

16602 San Pedro Avenue

San Antonio, TX 78232

Bring your own lunch!

Building Tour of Park Oaks Centre managed by Live Oak Gottesman. To RSVP, please email Doug Graves at doug.graves@xerox.com.

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Education Corner

By John Leifester



Thank you to Knight Restoration for sponsoring the First Thursday Training for August 2015.

We are starting a code compliance committee within SAABE. This committee looks to keep our Engineer members updated on city codes, as well as any upcoming legislation. I am looking for Associate members in HVAC, Mechanical, and Electrical trades that wouldn't mind meeting to form this committee and help meet with the city. Please call or email me so we can begin meeting.

Again, if you would like to sponsor, please contact me at john@dedicatedls.com or on my cell at 210-771-7081.

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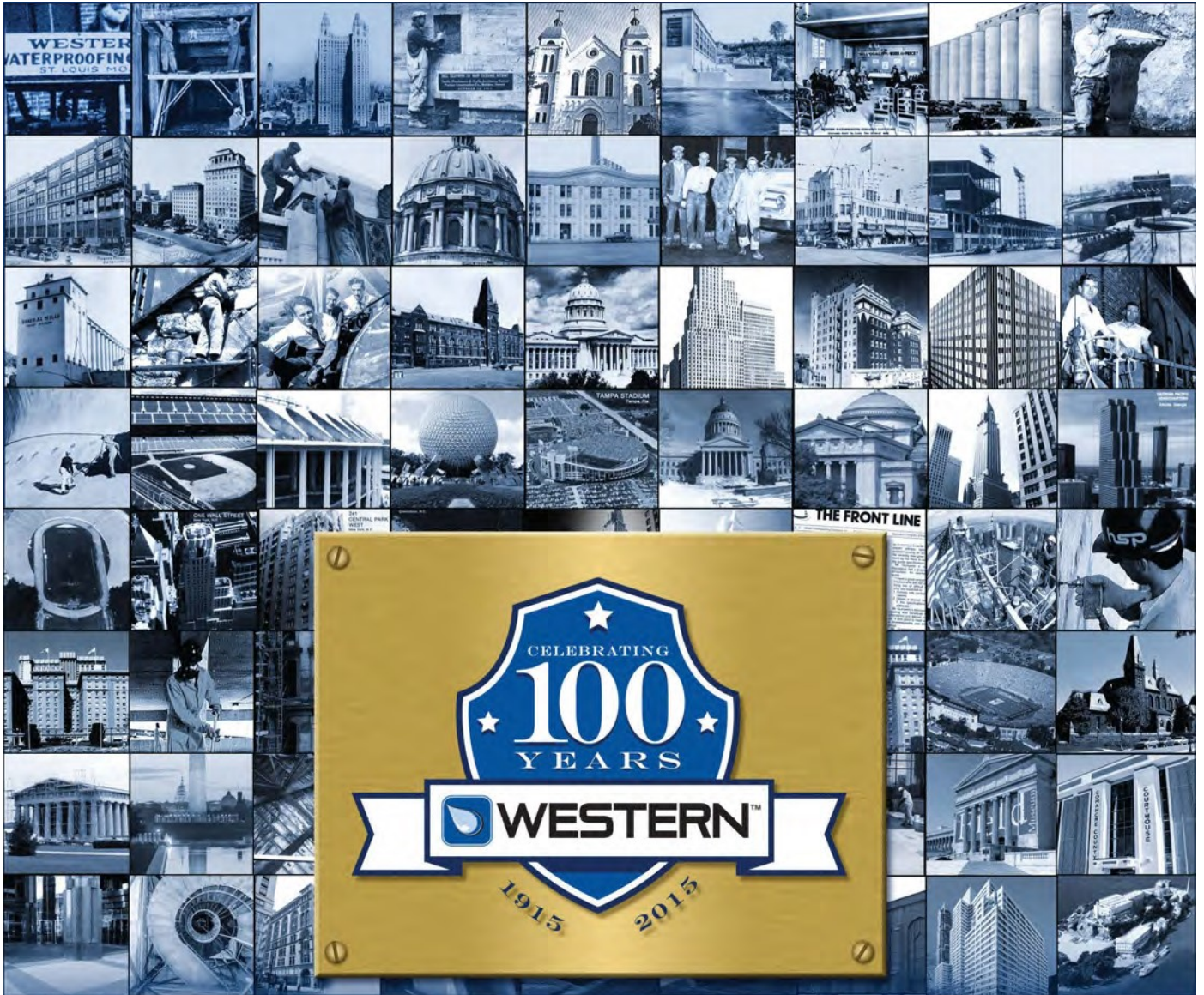
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Dedicated Landscape Solutions

SAABE Serves

By Stacey Mercer



Greetings!

During the months of August & September, SAABE Serves is kicking off the donation and volunteer drive to benefit the Children's Bereavement Center of South Texas. For those that were not able to make July's luncheon presentation from the Center, they are an organization that helps children get through the loss of a family member. Whether it be from sickness, homicide, suicide, or drugs, the Center provides an environment and the tools needed for the children and the families to cope with their loss. Monetary donations will be accepted to help raise money to cook a spaghetti dinner for the families at the Center towards the end of September (exact date pending from CBCST).

SAABE Serves is also looking for 6-7 volunteers to help with the set-up, cooking, serving and clean-up for the dinner. Space is limited due to the size of the kitchen at the Center. Monetary donations will be accepted through any board member and at the August & September luncheons. Please reach out to Stacey Mercer for further details and/or to sign up for volunteering for this special event.

[\(210\) 218-6663](tel:2102186663) / smercerc@bmsmanagement.com

Also, to find out more information about the Children's Bereavement Center please visit www.cbcst.org

San Antonio



Association of Building Engineers

SAABE TIMES
August 2015 Issue

PO Box 781261
San Antonio TX 78278

Final Thought:

“What good is the warmth of summer, without the cold of winter to give it sweetness.”

— John Steinbeck, *Travels with Charley: In Search of America*

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