



# SAABE TIMES

A publication of the San Antonio Association of Building Engineers

June 2002

Mark Your Calendar—

## UPDATE ON ADA ACCESSIBILITY GUIDELINES

Presented by Mark  
MacDonald, City of San  
Antonio Disability Access  
Office

Sponsored by Ed Flume  
Building Specialties

Please join us on Wednesday, June 19 at the Old San Francisco Steakhouse for our monthly membership luncheon. This month's program features Mark MacDonald of the City of San Antonio's Disability Access Office. The program is sponsored by Ed Flume Building Specialties.

Mark's presentation will consist of an update on the ADA Accessibility Guidelines. Major regulatory and design changes affecting pedestrian accessibility will be highlighted.

### Presenter:

Mark MacDonald has been employed by the City for nearly 20 years. For most of that time, he has been involved with the Disability Access Program and ADA compliance. Mark has recently completed Texas Department of Licensing and Regulation training and is a Registered Accessibility Specialist in Texas. ❖

## Education Corner

By Kenny Aguilar

### Associated Plumbing-Heating-Cooling Contractors of Texas Special Class Schedule

*Journeyman Test Prep Classes:* June 22-23, Austin. Cost: \$435 non-members, \$395 members.

*Medical Gas Classes:* June 21-23, Austin. Cost: \$435 non-members, \$395 members.

For more information, call APHCC-TX at 800-831-9313 or the San Antonio Chapter contact person, Heidi Trimble, at 210-523-1540.

### Indoor Environmental Solutions, Inc. "The Mold Remediation Workshop"

Three day seminar—CMR test to be given on final day of seminar.

Houston, June 13-15, Radisson Hotel-Astrodome, 8686 Kirby Dr.

Sponsored by the Indoor Air Quality Association (IAQA). Contact Lora Perkins at Indoor Environmental Solutions for more information at 800-288-3828.

### Asbestos Training for Workers Refresher—Course # AA2001

June 10, 600 Hemisfair Plaza, San Antonio. Eight hours, Cost: \$185. To maintain your Texas Department of Health registration, you must take an annual asbestos worker refresher course.

*Prerequisites:* An EPA-approved asbestos worker course.

*Topics include:* Review of initial training, latest update on new information, techniques, and procedures.

Call 800-824-7303 for more information and registration deadlines.

### National Electric Code

June 4-6, 8am to 4:30pm, Houston. Cost: \$1099.95

The program is designed to demystify the requirements of the National Electric Code and to provide basic instructions on the newest edition. The design and construction team who knows the most current Code requirements will save its clients money, keep costly system incompatibilities from holding up the job, and more importantly, will provide a greater degree of protection for the building owner. We will discuss rules to minimize the risk of electricity as a source of electric shock and as an ignition source of fires and explosions.

*Location:* Clarion Inn Intercontinental Airport, 500 North Sam Houston Parkway.

For more information, contact NTT at 800-922-2820 or [www.nttinc.com](http://www.nttinc.com).

❖

## A Message from the President by Elena C. Castillo

Summer is almost here, and the soaring temperatures have already risen into the 90's. But what are you doing to combat the heat? There are many ways to keep cool. It's that time of year when most of us begin to wonder how we'll keep cool in the summer without running up a huge electric bill. And there should be a way to do it. After all, the air conditioner wasn't common in homes until about forty years ago. So let's take a look at what we can do to keep cool that doesn't require large amounts of energy.

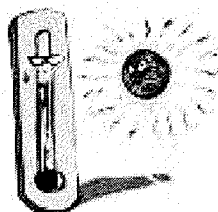
From the time of the pharaohs, the most common method of cooling people has been the fan. And there's a reason for that. Fans work by creating a wind-chill effect on our skin. The movement of air can make it feel like it's 6 to 8 degrees cooler. That's a lot of comfort for just a little breeze!

Fortunately for us, there are a variety of different fans that work with or without air conditioning. Take a look at some of the different choices and decide which would work best for your home.

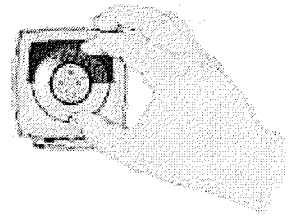
Whole house ventilators create a breeze through an entire house with just one fan. A large, belt-driven fan is located in the ceiling of the home in a hallway area. The air is pulled through the rooms and halls and into the attic. The idea is that cooler outside air replaces the hot air that would normally be trapped in your home. You can control which rooms would benefit by closing some doors to block air flow and opening others to allow more air to move. Installing a whole house ventilator fan isn't cheap, but the good news is that it only costs about three cents per hour to operate. The bad news is that you can't use it with your air conditioning, and it can be noisy.

A cheaper alternative is to use box fans. Box fans can be placed in windows to pull cooler air through the house. They're relatively inexpensive (\$20 to \$40) and require no special installation. Just set them on a windowsill, and make sure that they're secure enough not to fall off. Again, they're cheap to operate, at about one cent per hour; but they're noisy and work best when the outside temperature is about the same or cooler than the inside temperature.

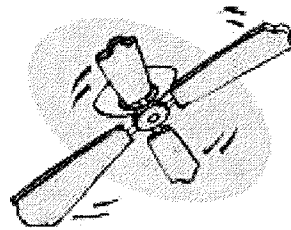
Many of us can't conceive of living without air conditioning. When the outside air is ninety, a breeze just isn't enough for comfort. But, you don't need to crank the A/C down to seventy and watch the electric meter spin wildly all summer long. Ceiling fans can help your air conditioner work



more effectively by moving the cold air produced around the room. They are excellent for this task. Use of a ceiling fan will allow you to raise your thermostat 2 to 4 degrees. That will result in a 10% to 25% less energy use by your air conditioner—a real bargain when you consider that most residential ceiling fans use about 1 cent of electricity per hour, even on the fastest speed. They actually consume less than 100 watts per hour. And they can be used with or without air conditioning. The biggest disadvantage to ceiling fans is getting them securely installed to your rafters. And if you want the wiring hidden, you'll be trying to fish it through the ceiling and walls—not an easy or inexpensive task.



Fortunately, portable oscillating-type fans offer an alternative. Although they're not able to move as much air as a ceiling fan, one or more in a room can make it much more comfortable. And installation is a snap. Plug it in and aim the airflow. If you'll be sitting in the same spot for a while, just direct a gentle breeze at your chair. If a number of people will be in a room or you'll be moving around, aim the fan along one wall so that the air blows in a circular pattern around the room.



Another alternative doesn't work so well. Some of us living in homes with central heat and air are tempted to leave the circulating fan on all the time. Not a good idea. The air being blown into the room circulates through ducts that often pass through uncooled portions of the house. The effect is that you'll be adding warmer air to your living space. So it's best to set it to "auto."

Finally, don't just watch your electric meter spin you big electric bills this summer. Use fans to replace and supplement your air conditioning. You'll be just as cool and have some money left over for some lemonade! ❖



## May Luncheon: Have You Ever Considered Cooling with Natural Gas?

Although that idea may seem foreign to many of us, this concept is experiencing a comeback in popularity in our country—and even right here in San Antonio! Patrick Kotara, from City Public Service, educated all of us on this subject at the May luncheon at the Old San Francisco Steakhouse. Driven by the push today for energy efficiency and a clean environment, along with electrical industry deregulation, natural gas cooling has emerged as a very viable option in the cooling arena. Thanks again, Patrick, for your time and effort in giving us a great presentation and bringing us up to speed on this issue! And thanks to all the vendors who donated door prizes at the luncheon, too. For your opportunity to receive a door prize and be part of a great educational presentation, please be sure to make time to attend this month's luncheon. And don't forget—it's important to RSVP for an accurate count of how many meals to plan for! See you at the meeting... ❖

## May Door Prize Winners

**Doug Stone:** Fire extinguisher (donated by Ed Flume Building Specialties)

**Tim Taylor:** Portfolio (donated by City Public Service)

**David Webb:** Home Depot gift certificate (donated by Jeff Schorr, Total Indoor Environmental Services)

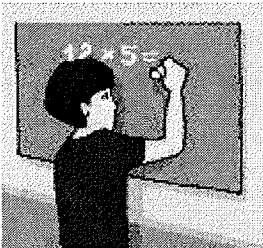
**Cesar Alvarado:** Home Depot gift certificate (donated by Tom Bonin of MMT)

**Scott Meyerkord:** Home Depot gift certificate (donated by Dan Himel of Ward Systems)

If you'd like to donate a door prize, contact SAABE president Elena Castillo. Many thanks to our door prize donors.

## Sam Rayburn Middle School Honors SAABE

On Tuesday, May 21, SAABE president Elena Castillo accepted an invitation from Sam Rayburn Middle



School to honor the San Antonio Association of Building Engineers for its gracious donation last year. With funds donated by SAABE, Anita Contreras and Barbara Gamez were able to help needy students with uniforms, school supplies, lunches, etc. The

funds finally ran out one month before the end of school, but the generosity of SAABE members helped an enormous number of students throughout the year. SAABE can put another feather in its cap — you've made a difference in someone's life! ❖

## Advertise in the Upcoming SAABE Membership Directory

The new SAABE Membership Directory will be published this summer. Don't miss your chance to reach SAABE members with an ad in the directory.

### Prices:

Cover (limited availability):

Back outside: \$299

Front inside: \$249

Back inside: \$199

Full page: \$149

Business card: \$99

Send ad copy (preferably in TIF, EPS, or WMF formats) and payment to SAABE, 14602 Huebner Rd, #116, PMB 149, San Antonio, TX 78230, or email to [laurabray@braycommunications.com](mailto:laurabray@braycommunications.com)

Call 210-408-1699 for ad dimensions, or visit SAABE's web site at [www.saabe.org](http://www.saabe.org). ❖



## Tech Talk #61

by The Charlie

### *Sixth Year Edition: Vol. 1 The Other Network*

In celebrating the entrance of the sixth year of producing Tech Talk articles, the format for this article will be directed as an attempt to encompass the wealth of knowledge into a collective pool for others to share.

One of the largest benefits of participating with an organization such as SAABE or with our friends in Austin (AAFAME) is combining the experiences and broadcasting them in a manner for the benefit of others. We have all had our share of accomplishing difficult tasks and have developed methods for achieving the task at hand in the most efficient manner. Sometimes, the road traveled to get there was not as smooth as it was first thought to be. In fact, it may have been quite brutal, but we learn from our personal mistakes. This is what experience is all about. However, it is unfortunate that when asked by another, "How was the trip along the path?" one will usually reply that the trip was smooth. Then the other will endure the experiences of the first individual. Now, **two** individuals will travel the same path, only to find the journey was not a smooth one. If the first one expressed the difficulties encountered, the second one could have avoided the same mistakes. Experience is always the best education. Unfortunately, experience has the highest expense.

Given our collective backgrounds, we are especially well suited to perform the tasks in which we become involved. There can hardly be a situation where a solution is not readily available. In sharing these discoveries with others, we should have the ability to have a greater—and hopefully, a more positive—impact on the value of the assets we are involved in.

In this profession, making a mistake in the easy part. Finding the solution and admitting the mistakes made along the way seems to be the hard part. Get over it—it's human nature. Do you really think Martha always makes a perfect

dish every time? Sharing the accomplishments as well as the failures can be extremely beneficial in achieving the same goal—especially for those first entering this trade or those who have not been exposed to some of the situations that we have encountered.

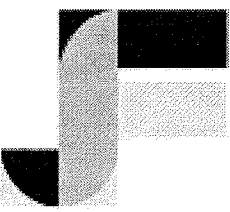
Networking is the key! Take the time to attend the monthly SAABE meetings. Meet some old acquaintances, discuss some failures, and share your experiences with the new and upcoming engineers. Everyone had to start sometime or another. If getting out for the meeting does not fit into your agenda, broaden the network! I know of a few engineers (and vendors) who meet and have a roundtable meeting every week on a certain day after work (on some nights, it's several round tables put together). You wouldn't believe the topics (business related, of course) and failures that come about during conversation. (I believe we were sharing how to home brew something last meeting, but I inadvertently used my pen to get the olives out of the martini's and my notes are unreadable.)

Anyway, if you've got a problem, I'm sure someone has already had the same thing or close to it and can express some do's and don'ts. Utilizing your SAABE membership directory is a great start. Meeting with other engineers/vendors on a regular basis will also keep your pencil pretty sharp as well. The Internet is also a valuable resource and should be utilized to its fullest potential, if it's available (I still don't understand the individuals who promote micro-management and shelter their engineers from modern technology).

Keep in touch and in tune [cm@satx.rr.com]

**CHARLIE'S LAW: Never participate in a sport that has an ambulance waiting at the bottom of the hill!**


JUSTA MAINTENANCE MAN ❖



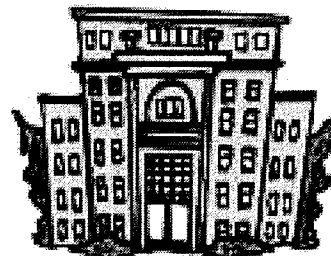
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## SAABE Membership News

**RSVPs Are Important:** SAABE's monthly membership luncheons are a great way to meet new people and share ideas. Regular members receive a free lunch as part of their membership dues; lunch is only \$15 for associate members.

When you RSVP for a meeting, we order a meal for you at the Old San Francisco Steak House. If you then don't attend the meeting, your meal sits there uneaten. At the past two meetings, SAABE has thrown away over fifteen uneaten meals due to no-shows. This has cost SAABE nearly \$500—a waste of your important membership dues.

Everyone has last minute emergencies. But if you have RSVP'd for a lunch and cannot attend, **please** call or email Laura Bray (210-408-1699, laurabray@braycommunications.com) and let her know that you cannot attend.

Starting with the June membership meeting, regular members who RSVP and do not attend will be billed \$5 to help defray the cost of the uneaten meal. As usual, associate members who RSVP and do not attend will be invoiced for the full cost of the meal (\$15).

Please help us use your membership dues wisely and **cancel** your RSVP if you cannot attend! We appreciate your help!

**Web Site:** Visit [www.saabe.org](http://www.saabe.org) and check out the new web site design and features. You can find the latest details on upcoming meetings, job openings, back issues of newsletters, and information on membership. If you have any suggestions for the web site, send them to [laurabray@braycommunications.com](mailto:laurabray@braycommunications.com)

**Member Survey:** SAABE will soon conduct a survey to find out more about what topics you'd like to see at future meetings. We're also going to seek your feedback about some different meeting formats. Look for the survey at the June membership meeting and in the July issue of *SAABE Times*. ❖

## Do We Have Your Email Address?



SAABE often receives information on local seminars or training sessions that's too late to print in the newsletter. If we have your email address, we can send that information to you right away! Send your email address to [laurabray@braycommunications.com](mailto:laurabray@braycommunications.com), and be sure to receive the latest news! ❖

## Job Openings

**Maintenance Technician Position.** In-depth knowledge of HVAC, electrical, and plumbing systems as well as day-to-day facilities maintenance. Updates of PM schedule. 4-7 years of maintenance experience required and group-leader experience preferred. Must be customer service focused and have appropriate technical licenses. Salary Range: From \$11.58 to \$16.20 ph. Please fax resume to 521-3137 or contact Jack Fuentes at Caremark at 509-2090.

**General Maintenance Technician:** The Majestic Theater is seeking a General Maintenance Technician. Starting pay is \$9.50 per hour. Point of contact is Jim Vaughn, 210-226-5779.

For more details on these or other job postings, visit [www.saabe.org](http://www.saabe.org). ❖

## Keep Your Pets Cool!

Summer is in the air, brining heat, mosquitoes, fleas, and other assorted nuisances. With much of the world sweltering in the 100's, think about the health and comfort of your chosen best friend or feline buddy.

Cats should be kept indoors on really hot days. Provide plenty of cool water. When very hot, place a few ice cubes in the water, especially if you're going to be leaving them home for a while. Don't overfeed kitty during hot weather — it can contribute to making them sick. Most cats are smart enough to refrain from overeating, but just in case, remove their food bowl when they seem to have enough.

Summer is the season when people and pets have the most fun together, but it is also the time when animals run the greatest risk of injury and heat-related health problems. The following tips will help keep our furry friends cool:

- Watch for signs of heatstroke. Rapid panting, hot skin, twitching muscles, and a dazed look are all signs of overheating. To cool off pets quickly, wrap them in a towel soaked with tepid water. In severe cases, immerse pets in a tub of cool (not cold) water. Heat stroke can be fatal. Seek veterinary care as soon as possible.
- Never leave your pet in a parked car — not even if you crack the windows open or park in the shade. On a 70 degree day, the interior temperature of your car can rise to above 150 degrees in minutes. This is the number one cause of heat stroke in pets.
- Always provide plenty of fresh water in hot weather. Dogs can only sweat through the pads of their feet and by panting. Evaporation from the wet surfaces of their mouth and nose helps lower body temperature but greatly increases the amount of water they need for proper hydration.
- Provide indoor pets with good air circulation with a childproof fan or air conditioner. Outdoor pets need a shady area where they can cool off anytime they are outside. A gentle spray with the hose or a child's wading pool in your dog's pen provides quick relief from high temperatures.

Spring and summer is allergy season. Common pet allergies include pollen, grass, weeds and fleas. If your pet scratches excessively and chews itself see your veterinarian. He or she will be able to prescribe medication that will make your pet more comfortable.

Do not encourage exercise during the hottest part of the day. This is another leading cause of heatstroke.

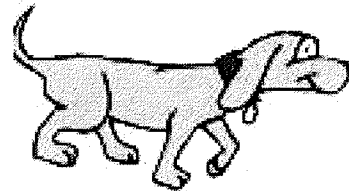
This summer, get off to a great start. Keeping these tips in mind will help your pets stay safe and healthy during the coming weeks. ❖

## Heard It Through The Grapevine



Phil Anderson's new email address is phil\_anderson@valero.com.

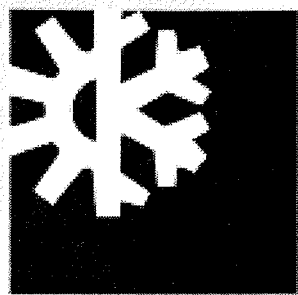
Terry Sjoberg is the new member contact for Caremark. ❖



## Welcome New Associate Members

**Larry Wunsch & Assoc.**  
Michael Soderstrom  
120 Interloop  
SATX 78216  
(210) 349-5244

**The Trane Company**  
Jeffery McCombs  
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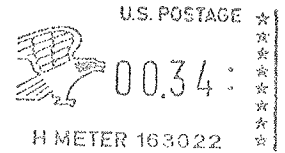
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## SAABE TIMES June Issue

### *Final Thought:*

I've never learned anything while I was talking.—*Larry King*

### 2002 Board of Directors

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<hr/>	
Laura Bray Association Coordinator (laurabray@braycommunications.com)	408-1699

### Membership Luncheon June 19, 2002

**Time:** 11:30 a.m.

**Location:** Old San Francisco Steakhouse  
**Program:** ADA Accessibility Guidelines,  
 Presented by Mark Mac Donald, City of San  
 Antonio

Sponsored by Ed Flume Building Specialties

### Upcoming Luncheon:

**July 17, 2002**

Sponsor: York International

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