

SAABE TIMES

A publication of the San Antonio Association of Building Engineer

January 2009

Mark Your Calendar—

JOIN US FOR OUR JANUARY MEETING!

The next General Membership Meeting of the San Antonio Association of Building Engineers is set for 11:30 am on Wednesday, January 21, at the Embassy Suites Hotel (7750 Briaridge Drive; northeast corner of IH-10 and Loop 410). The sponsor of the meeting is Voss Lighting, and the topic is "Current Regulations and How They Influence Lighting." Subjects to be covered include sustainability, LEED, rebates, tax incentives, new Green lighting ideas and more.

Please RSVP no later than Monday, January 19, at noon. Late RSVPs and walk-ins will be placed on a standby list, and we will ask you to wait in the lobby until we determine the number of no-shows.

PLEASE NOTE: If you RSVP and do not attend, you will be invoiced. If you must cancel your attendance, please call Laura Bray at 408-1699 prior to the meeting so we can cancel your meal.

Please make sure to check in at the front desk when you arrive.

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

Engineer Spotlight

by Jeff Turov

Stephen Banuelos

Maintenance Engineer MSG Management 13750 San Pedro Avenue, #210 SATX 78232 ◆ (210) 490-7272

How long in the building engineer trade?

I have been involved in this industry for 20 years and have been with MSG for the past two years. As the lead engineer for MSG, I oversee the upkeep of three properties. I have been a member of SAABE for the past year and a half.

• What is your daily approach to getting the job done?

I try to create a relaxed working environment and feel that, with a lower stress level, we are more likely to get a greater amount of work done.

• Any awards, recognition or special training?

I received a ten year service award from Trammel Crow. And I have earned my Associates Degree in HVAC from St. Philip's College and have taken some electrical classes.

· How does SAABE benefit you?

SAABE keeps me in the loop on the latest practices for maintaining commercial office buildings. I also enjoy the networking that occurs at the luncheons and have benefitted from the numerous contacts I have made. The newsletter is also a good source of information, as well as Charlie's e-mails.

Hobbies/what do you enjoy doing during off hours?

I have varied interests that include fishing, playing pool and video games, skeet shooting and softball.

Family/children?

I have been married for ten years and have two daughters. One is ten years old and the other one is four.

• What single event has had the most profound effect on you?

This would have to be the birth of my daughter four years ago. Complications occurred, and she was born premature and weighed in at a whopping 1.12 pounds. My wife and I kept a vigil at her bedside for five months, and she finally pulled through. Now, as an active four year old, it takes all I have to keep up with her. Reflecting back, I feel this event not only brought my wife and I closer, but also gave me a greater appreciation for life. •

SAABETIMES

A Message from the President

by Charles Mikolajczyk, Jr., CBE-M

First of all, thank you all for selecting me as your SAABE President for the next two years. Secondly, and perhaps most importantly, Happy 25th Anniversary SAABE! What a way to ring in the New Year...good friends and great times! To every SAABE member, thank you for your support and participation as SAABE enters our 25th year with over 260 members. Two milestones in one throw. That's a cumulative effort on behalf of all of our members!

What a crazy year 2008 was. \$4.00 gasoline in the summer, \$1.25 in the winter, a record 83 degrees on December 9, and a bone shaking 33 degrees that night. So far, it was also the fourth driest year (January - November) since 1871 in San Antonio. As of December 21, San Antonio was 17" below average for annual rainfall...no place but Texas I like to say!

2009 also brings SAABE members into new board seats; Mike Halvorsen/1st VP, JR Uresti/2nd VP, and Mike Copp/ Treasurer. Oh yes, also thanks to these individuals for their past tenure in offices recently vacated.

It is also sad that after many, many years Tom Lasater has elected to retire his seat on the SAABE Board. Please commend Tom as often as possible, for he has gone beyond comprehension in his efforts and dedication to SAABE and its members. Tom will be retaining his multiple committee chairs. So if the History, Trade Show, Scholarship, BOMI, Green, etc. committees interest you, please contact Tom!

A special thanks to Robert Steele (SAABE Social Chair) who arranged the Christmas Party at Dave & Busters! Mike Halvorsen, Mike Copp and I got it started in the back around 4:00 pm, and Mike Halvorsen and I closed it down sometime before the roosters started crowing. If you missed it...you really did!

And a prestigious thanks to Kendal Langenberg (Membership Committee) in his efforts for surpassing his 2008 goal of 250 members. In case you missed it, the mark for 2009 has been raised to 300 members. If you have any leads or interests, please contact Kendal...as SAABE is a large machine. To keep SAABE moving, we all need to take part to



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ensure that the movement does not stop or become a revolution. A revolution is nothing more than a complete circular movement that ends up where it started, or a movement around a fixed point (i.e. not good). Through your efforts, the velocity of SAABE has departed from an orbital motion into a trajectory into new territories...let's keep SAABE traveling in the right direction! Your assistance is always appreciated and greatly needed. Please contact any board or committee member if you would like to take part in SAABE's mission.

Thank you all for a great 08 and towards a fine 09!

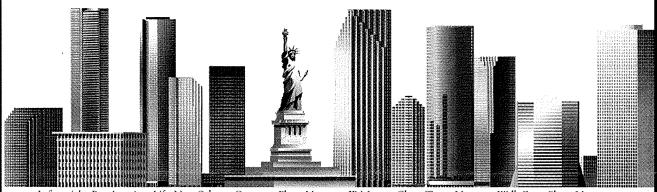
Till next time...FISH ON!





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SAABETIMES

December Lunch Summary by Robert Andrews, Jr.

There was a lot going on in December for all that could attend. The Holiday Social at Dave and Busters was a great success. Almost everyone in attendance walked away with a piece of the \$2,500 in door prizes—everything from Leathermans and tackle boxes to 15 \$100 checks! This year was also the first to have a grand prize. Mike Halvorsen took home a gas/wood barbeque pit with a stove attachment.

The SAABE luncheon was a little smaller than our record setting performances this year, with just under 60 people in attendance. Elections were held and awards presented. All those with perfect attendance for the year walked out with a \$25 Visa check card.

Charlie held on to his position as President. Tom Lasater stepped down as First Vice President but retained his countless committees. Thank you Tom for all that you have done. Mike Halvorsen moved from Second Vice President to First Vice President. JR Uresti moved from Treasurer to Second Vice President. Michael Copp moved up to Treasurer but is still serving as the temporary Education Director. If you are interested in taking over as the Education Director, please don't hesitate to contact one of the board members.

2009 starts the 25th anniversary of SAABE, and I hope to see you at the January luncheon on the 21st. The sponsor will be Voss Lighting, and the topic is "Current Regulations and How They Influence Lighting." •

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Vendor Representative Report

by Allen Mangrum

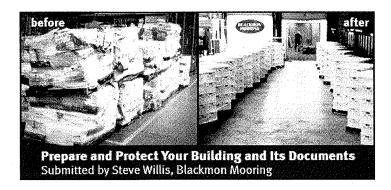
I would like to thank, once again, all the vendors who stepped up last year to provide an entire year with vendor sponsorship!!!!! *Great Job*. On that note, I would also like to thank all of the vendors who have committed for 2009.

Below is the proposed luncheon schedule for the first half of 2009:

<u>Date</u>	<u>Topic</u>	Sponsor
2/18/09	BEOTY Award	Computrols
3/18/09	"Computer Support"	Hays
4/15/09	TBD	Blackmon Mooring
5/20/09	"Hurricane Preparedness"	Redifuel
6/17/09	Summer Social/Picnic	N/A

In closing, please remember to RSVP!! I will also remind you that if you RSVP and do not attend without giving at least 24 hours notice, you will be invoiced. •





Whether caused by hurricane, flood, plumbing issues, sprinkler leaks, or even fire suppression, water damage is a property management nightmare. The first priority is always the safety of tenants, employees, and customers, and resuming normal operations as quickly as possible.

But, in addition to the damage to the structure itself, the building's contents are also at risk. One priority that is often overlooked is the potentially irreparable damage to records and other documents, as well as microfiche, film, and electronic media. This damage can lead to the loss of critical information and even compromise business operations. Businesses can fail or cease to operate effectively when important data is lost or unavailable.

Additionally, legal issues can arise from breaching document-retention laws. It is imperative to work with a disaster recovery company that has the experience necessary to keep you compliant with the current laws and regulations that may affect your industry.

Response time is paramount in saving documents. The first 48 hours are critical and preselecting a restoration provider helps ensure that this time frame is met. Any delay can result in permanent loss, as inks break down and mold and mildew begin to grow. A proactive approach is key; some restoration companies offer a Response Service Agreement that captures vital information about your facility, including the location(s)



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of data and important documents. This information helps ensure the fastest and most effective disaster response possible.

Experience and expertise are important considerations when selecting your document recovery provider, but so is technological capability. The most effective method of restoring most documents is through sublimation freeze-drying. The liquid state is where damage occurs; it's also what causes microbial growth. Freeze-drying addresses both issues. The sublimation of freeze-drying takes water from its frozen, solid state straight to a gaseous state without going through the interim liquid state. This process avoids further damage and halts microbial growth. Therefore it's imperative to look for providers with these freeze-drying capabilities, as well as other state-ofthe-art services to assure complete, safe and secure document recovery, including decontamination and sanitization, reproduction of badly damaged or contaminated media, reprocessing of film or magnetic media, certified destruction when needed, and secure storage of all contents. .



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Welcome New Members!

Welcome to the following new SAABE members! Please make sure to add their information to your 2008 SAABE Membership Directory.

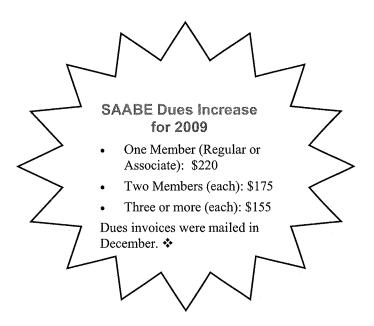
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alex.garcia@portsanantonio.us	john.rivera@portsanantonio.us	gordon.deskin@portsanantonio.us	
Adolph Villaneuva	Sal Aguinaga	Manuel Arellano	
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Jerry Casillas	Keith Bass	Update Contact Info:	
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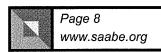
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<u>Dimensions</u>	3 Issues	<u>6 Issues</u>	1 Year
Full page	\$350	\$725	\$1,250
Half page	\$190	\$370	\$720
Quarter page	\$100	\$200	\$350
Business card	\$75	\$130	\$250

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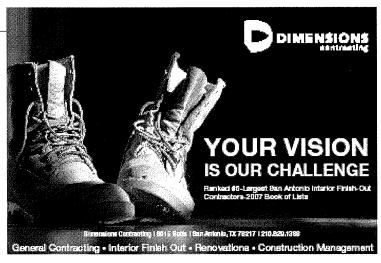


Your Money, How Do You Handle It by Todd Wilburn

"What do you mean the bank account's that low?" "We've got more month left over at the end of the money!" With Wall Street's up and down movement over the past few weeks and months, it gets us all in a panic to wonder what the future holds. The Wall Street Journal reported that over 70% of all U.S. consumers live paycheck to paycheck. Annual bankruptcy filings were over two million in 2005. One could assume that, in general, a lot of us in this country don't always handle our money correctly.

For the past two years, our family has followed a concept so simple it might make you smile. Before any money is spent, we write down where our money is going to go. The budget is actually written out and agreed to with every dollar having a place to go. There is discussion between what our priorities are and what we need to save for. Once we agree on a budget, we stick to it. If we have allotted a hundred dollars to eat out and it has been spent by the middle of the month, we stay home even when we really, really want to go out. I should also mention that credit cards are not something we use. Borrowing MasterPlaster or Flisa's plan for our money is not considered. This may sound tedious or a waste of time, but there is great peace when you do not have to worry about how the different ends are to meet. It is also amazing that, when you write it out, you realize just how much you do have. You may find things are not as bad as you thought.

I know family who operates in panic mode each day, never knowing how much money they have or where it is going. And, they are up to their necks in personal debt because, if it feels good, you should do it. The refusal to write out a budget is crazy! Not controlling your impulses is irresponsible. Allowing your money to control you is an insane behavior. The number one cause of divorce in our country is money issues. Since



operating under ours plan, my wife and I both know what can and cannot be accomplished during each month. I don't want you to misunderstand, we have not always lived with this peace. A budget is not something I understood until the last few years.

Christmas recently came and went. You would be surprised at the number of people who do not have a plan and will pull out the plastic to cover the unplanned expenses. After all, this is an emergency—unfortunately, one you did not plan for but your friendly credit card company, did at 21% interest. This is not a good plan for your money. In February, when the bill comes in for what was spent during the month of December, most will spend the rest of the year paying for it and then repeat

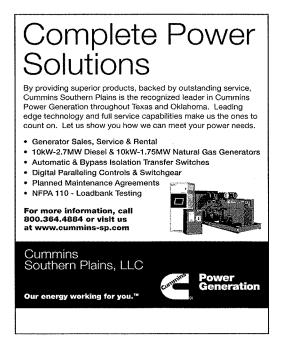
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SAABETIMES



Your Money, How Do You Handle It

(Continued from page 8)

the same behavior. Life happens to us all, and we need to be prepared and not rely on a failed plastic backup plan.

If Americans were to get out of personal financial debt, a lot of the stress in our lives would evaporate. This will start when we begin living within our means. Too much month left over after the money is a symptom of the problem. I would encourage you to begin today to get a handle on your personal finances. Your future, I believe, depends on it! I want to encourage you to work with your spouse in planning your budget each and every month. The peace in your home is very necessary as the stock market is still determining where it will level off. Peace and sanity.....it feels good! I'm reminded of a quote from my favorite book: "Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So, if you have not been trustworthy in handling worldly wealth, who will trust you with true riches?" *

SAABE Associate Member Todd Wilburn is with Filter Technologies.

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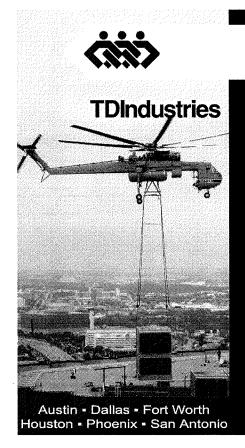
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SAABE Going Green Forum/Group

For those engineers who are involved with or interested in the Energy Star Rating Program or have moved onto the LEED-EB (Leadership in Energy and Environmental Design for Existing Buildings), this is the group for you. This forum/group has engineers and vendors that have experience with these programs and are available to assist you in getting started, answering questions or explaining different aspects of these programs. They are also familiar with energy saving ideas for power, HVAC, landscaping and recycling.

The group has recently developed its mission statement and plan. They are below.

THE MISSION

- 1) To assist and educate SAABE engineers on the many energy saving and conservation programs for lighting, water conservation, and recycling systems available to upgrade and update properties for greater profitability.
- 2) To inform SAABE engineers of these programs already completed on the properties in the San Antonio area and to open access to the engineers who have initiated the projects, the details involved, and the payback numbers.

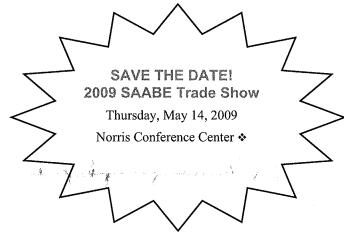
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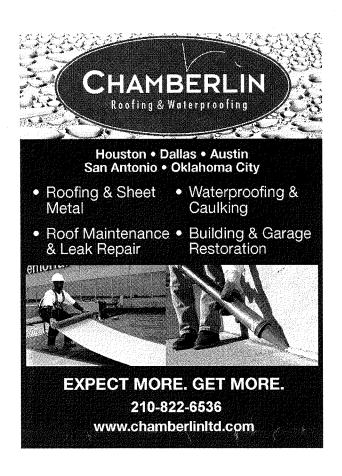
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SAABE Going Green Forum

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- 3) To work with engineers who have begun the Energy Star program or the LEED O/M (operation and maintenance) or E/B (existing buildings) programs for assistance in, education with, and encouragement with their completion.
- 4) To cooperate and work in concert with the SABOMA Green Committee to meet the 7 Point Challenge given by BOMA International with the first point a 30% reduction in energy consumption by 2010.

THE PLAN

- 1) Newsletter articles on areas of interest expressed to the Going Green Group.
- 2) Seminars to update and educate SAABE Engineers on current issues and topics.
- 3) Survey the SAABE membership for energy saving upgrades, lighting retrofits, water conservation programs, and other programs reducing energy consumption.
- 4) List engineers who have completed these programs along with details and payback for assistance to other interested SAABE engineers.

If you have any questions, please call Tom Lasater at 771-5824. For additional information visit www.energystar.gov www.usgbc.org. www.usgbc.org. *www.usgbc.org.



Keith Garrett Manager of Field Services

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SAABE TIMES January Issue

Final Thought:

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"Courage is not the absence of fear, but rather the judgment that something else is more important than fear." - Ambrose Redmoon

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2009 Board of Directors				
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Allen Mangrum Vendor Representative	349-3251			
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Laura Bray

Association Manager

(laurabray@braycommunications.com)

January Membership Meeting: Wednesday, January 21

"Current Regulations and How They Influence Lighting"

Sponsored by Voss Lighting Embassy Suites Hotel (7750 Briaridge) 11:30 am

Upcoming Program: Wednesday, February 18

The SAABE Times is edited by Bray Communications.