

San Antonio



Association of Building Engineers

SAABE TIMES - SEPTEMBER 2021

October 2021 Editor- Gus Villanueva

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A Message from the

PRESIDENT

So SAABE participated in the IREM bowling event on September 17, 2021. The SAABE team consisted of **Paul Becerra, Brent Miller, Sandy Ordonez, Sam Nino, Britney Brantley and Pete Saucedo.**

We were not able to participate in last years IREM bowling event, due to the city's lock down. In years past, SAABE has participated and had finished in 1st place. The bar was set high from past SAABE teams.

But...

I am please to announce that this year's SAABE team, **won 1st place.** It was great to see so many teams. I believe there were 36 total teams in competition. Although we did not place in the costume contest, it was a experience to remember.

Sincerely,

Pete Saucedo
President



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Healthy Eating Facts and Disease

Fruits and vegetables are linked with a **reduced** risk of heart disease, stroke, cataracts and cancer. As a matter of fact, eating five or more fruits and vegetables a day can cut the risk of cancer in **HALF!** Eating the right amounts of fruits and vegetables can help you to ward off many things, including: **arthritis, heart disease and strokes.**



It can also help control **blood pressure** and **blood cholesterol** levels and even prevent certain types of cancer.

The food choices you make each day can have a significant effect on your overall health and well-being, especially if you have a specific condition such as arthritis. If you aren't eating a balanced diet, you may feel fatigued.

Eating too much of the wrong kinds of foods can cause you to gain weight, which could worsen arthritis-related pain and possibly lower your self-esteem. To feel healthy, it's important to eat healthy. A balanced diet can give you added energy and help you control your weight.

If you think of healthy eating as simply as counting calories or tallying grams of fat, it's time to think about food in a new way. Eating well means enjoying great taste as well as healthy nutrition.

No single food provides all of the nutrients your body needs. Eating a variety of foods helps ensure the right mix of nutrients for good health.

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LUNCHEONS!

We have scheduled Alamo Cafe for Thursday, October 22, 2021 at our regularly scheduled time. See below for additional details and how to RSVP. Space will still be limited due to local restrictions, so be sure to RSVP!

General Membership Meetings

LUNCHEONS ARE BACK! PLEASE SEE DETAILS BELOW FOR OUR UPCOMING OCTOBER MEETING.

IMPORTANT NOTE: WHILE WE ARE RESUMING LUNCHEONS, THERE WILL BE SPACE RESTRICTIONS DUE TO LOCAL MANDATES. WE WILL BE LIMITED TO 70 ATTENDEES, SO IF YOU ARE INTERESTED IN ATTENDING, PLEASE BE SURE TO RSVP TO SAABERSVP@GMAIL.COM.

WHERE: Alamo Cafe San Pedro
14250 San Pedro Avenue
San Antonio, TX 78232

WHEN: Thursday, October 21, 2021

TIME: 11:45 am - 1:00 pm

Check-in will open at 11:30 promptly, we will not be able to check-in early, please do not arrive before 11:30 as we cannot have crowds gathered.

Presentation: *VENDOR EXPO*

RSVP:

RSVP will open today and will close **FRIDAY, OCTOBER 16th at 5:00 pm** sharp.

You must submit RSVPs to saabersvp@gmail.com. We will not accept RSVPs that are a reply to this newsletter!

We will NOT accept any RSVPs after this date and we CANNOT accept walk-ins to the luncheon as we have limited occupancy and must follow local regulations.

WE LOOK FORWARD TO SEEING YOU ALL AGAIN!



SAABE BOARD UPDATES

-The SAABE Board has been meeting monthly to discuss ongoing concerns regarding our membership events, education and other various factors.

-We are thrilled that we will be able to have our monthly general membership luncheons.

-We are thrilled to have the First Thursday Training. Location and time will be emailed.

-We are moving forward with plans for a Casino Night/ Dinner/ DJ on **Saturday, December 4, 2021.**



-The board is also in discussion regarding membership for 2022 and what we can do for our loyal members going forward. We hope to expand our events and training offered as well as bring some virtual training to our website. Please continue with the newsletter for other links and more SAABE updates.

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SAABE Luncheon Summary (09/16/21)

By: Secretary Kendal Langenberg

The September general membership meeting was held on Thursday 09/16/21 at the Alamo Café on 281. It provided many opportunities for fun, instruction, and camaraderie – as usual!

President Saucedo kicked off our meeting

with some timely announcements. Maybe most

importantly,

- the CBE program is getting back on track. We hope to recognize the newest recipients soon!
- Luncheon speakers are booked for this year, but 2022 has many available spots for any interested vendors.
- Don't forget, board elections are just around the corner, as well as our annual Christmas social.
- Special shoutout to our organization's master level and journeyman level sponsors – these guys do a LOT for SAABE!

Our speaker was **Jeremiah Hamilton**, with **Dustless Air Filter Company**. Hamilton presented all sorts of helpful material regarding EVERYTHING related to keeping the air clean in the buildings of San Antonio.

Subjects included:

- benefits of RTU versus AHU
- how particulates are separated from the air flow (and the various types of particulates)
- importance of correct air filter installation
- types/methods of filtration; MERV ratings
- COVID's impact on the filtration industry.

Hamilton used slides and photos throughout his presentation, which were very detailed, practical, and helpful. If you missed the luncheon, or you just have more filter-related questions, definitely reach out to him, as he's a wealth of information!

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Toward the end of our meeting, **Treasurer Gus Villanueva (FIRETROL)**, presided over an exciting “water pitcher holding battle”, designed to remind us that we need to manage our stress. The weight of the water never changed, just the length of time you carry it. So like Stress, you can always place the water down. **Oscar Flores (REOC)** was the big winner, but barely! (See picture below)

Our meeting concluded with a bunch of door prizes being given

away, as is our tradition. Keep your eyes open for details regarding the October luncheon. It will be a vendor expo! Hope to see all of you there!





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**SAABE SPOTLIGHT
January**

Bob SanMiguel
Building Engineer
REOC
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210-524-4000
rsanmiguel@reocsanantonio.com



Tell us about yourself.

"I was born in Oklahoma and raised in Texas. Shortly after I was born my family moved to the great State of Texas. I am the youngest of four, and have two older brothers and an older sister. I enjoy spending time with my family and watching my daughter and her dance team preform on Friday nights under the lights."

How long have you been a member of SAABE?

"I have been a member of SAABE for 24 years off and on. I enjoy the learning opportunities that the organization has to offer and I enjoy getting to see my friends and fellow engineers on a monthly basis at the lunches."

Family and Children?

"I have been married to my wonderful wife for 27 years. Together we have two children, Jacob who is 22, and Lizzie who is 19. I also became a Grandfather last year to my beautiful Granddaughter Addi"

What hobbies keep you busy?

"In my free time I enjoy spending time with my family and working out. I also love boxing and do some training from time to time. I also enjoy motorcycles and all the fun that goes along with them."

What Advice would you share with those thinking about joining SAABE?

"Honesty is the best policy, one of the only things you have in this world is your word. My Grandfather told me when I was young, that if you cannot stand behind your word, you cannot consider yourself a man. Also, never burn any bridges. This industry is very small and you never know who you might be working with down the road."

How did you get into the trade/Industry?

"I started working as a security guard at Concord Plaza and every couple of weeks there would be new engineer helper on property. One day, I was visiting with Robert Andrews who was the Chief Engineer at the time and I decided to ask him for a job. Later that day, he came to me and told me I was hired. I had a bunch of one the job training and Robert taught me many things that I still use to this day."

What is the best vacation or favorite place you have ever been to?

"My favorite place that I have been to is Big Bend. The scenery in the park is amazing and I highly

SAABE SPOTLIGHT April

Alexis Raye

Assistant Association Manager
SAABE
PO Box 781261
San Antonio, Texas 78278
SAABETX@gmail.com

Tell us about yourself.

"I was born in Austin, grew up in Portland, Texas, and moved to San Antonio in 2012. I have three sisters and one brother, and as many of you know Britney Brantley is my older sister. My full time job is being a mom and taking care of my three children. Prior to staying home I worked for a pool distribution company as the office manager. It was a great experience and I ended up meeting my husband while working there. I also help my husband with the small business he is starting that specializes in pool maintenance, service, and repairs."

How long have you been a member of SAABE?

"I have been involved in SAABE organization for 5 years. The part I love most about SAABE is the sense of community that the association offers. It is amazing to me how willing our members are to help out one of their colleagues in their times of need. SAABE is truly an amazing group of people."

Family and Children?

"My husband and I have been married since 2019 and we have three girls ages 9, 3, and 1."

What hobbies keep you busy?

"I do not have much free time as there is always something going on with my three girls. There is never a dull moment at our house!"

Where is your favorite destination that you like to get away to?

"Our family loves going to the beach. When time allows, we like to take long weekend trips to Port Aransas or South Padre."

What is your favorite type of music?

"I love listening to country and Texas Country Music. Some of my favorites are Garth Brooks, George Strait, and Luke Combs."

What is one item/activity on your bucket list?

"To get my husband's business up and going as it has always been a dream of his to have his own business."

What is your favorite flavor of ice cream?

"Mint Chocolate Chip"



DATES TO REMEMBER:

OCTOBER LUNCHEON - Oct 21, 2021- Vendor Expo
NOVEMBER LUNCHEON - Nov 18, 2021 - Elections
HOLIDAY SOCIAL - Dec 04, 2020, TBD

Play of the Week

Tucker Makes HistoryClick
here



FINAL THOUGHT....

“Nothing hits harder than life, but it ain't about how hard you get hit, it's about how hard you can get hit and keep moving forward. .” — ROCKY

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