



March 2011

**Eastern Iowa Chapter
International Facility Management**

Web address - <http://www.ei-ifma.org/>

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Date: Tuesday March 8, 2011

Time: 5:30 p.m. – 8:00 p.m.

Location: Iowa City National Guard Readiness Center
4540 Melrose Ave.
Iowa City, IA

Agenda: 5:30 p.m. – 6:00 p.m. Networking and Registration
6:00 p.m. – 8:00 p.m. Dinner and Program

(Dinner will be catered by Miss. Susan's. Menu: Stuffed chicken breast or pork loin w/apples, oven roasted potatoes, green beans w/bacon and onion, lettuce salad, assortment of cookies, assortment of pop/water)

Cost: \$20.00 – Members \$25.00 - Non-members

The new center houses the Headquarters and Headquarters Detachment, 67th Troop Command, the Headquarters and Headquarters Detachment, 109th Multifunctional Medical Battalion, 209th Medical Company, Company B, 1st Battalion, 133rd Infantry, and Detachment 1, 1133rd Transportation Company as well as family services offices, JAG offices, and recruitment and retention offices.



REMINDER – If you RSVP for a meeting and don't attend or cancel after the RSVP deadline you will be sent an invoice for the amount of the meeting. We are still responsible to the caterer for the cost of your meal. If you have questions please let Tracy know.

Directions: Take US-218 S. Take exit 93 for Melrose Ave toward University Hts. Turn right at County Rd F46/Melrose Ave. Destination will on the right. From

SAVE THE DATE

**April 29, 2011
Joint Seminar - Des Moines
Details to follow**

Remember Carpooling:

Use as much as you can & let Julie Quebe know if you would like to do so; she can make others in your area aware.

**RSVP to Julie @ interiors@gordonquebe.com
before noon Friday, March 5th**

“Almost all buildings will experience some kind of water intrusion, in the form of leaks, flooding or other excessive indoor dampness at some point in their lifecycle.”

As reported in the Institute of Medicine’s report, “Damp Indoor Spaces and Health,” this is an important reminder to builders, building owners and facility managers that vigilance is the best protection against liabilities for construction defects and building failures from water and moisture damage.

Dampness and occupant health

A comprehensive review of scientific literature summarized in the World Health Organization (WHO) report, “WHO Guidelines for Indoor Air Quality: Dampness and Mould”, emphasizes the risks associated with damp buildings – including significant damage to building materials and adverse occupant health effects. Specifically, researchers have linked mold and damp conditions in homes and buildings to asthma and respiratory tract symptoms in otherwise healthy people. Dampness can cause harmful chemicals and particles – such as lead and formaldehyde – to be released from building materials. In addition, the report points out that standing water can attract cockroaches and other pests, which can produce allergens and carry disease.

Some other noteworthy findings from the WHO report included the following:

- Indoor dampness affects an estimated 10 to 50 percent of indoor environments in Europe, North America, Australia, India and Japan. In certain settings – such as river valleys and coastal areas – damp conditions are substantially more severe than the national averages.
- The key to preventing mold growth is controlling the amount of moisture on or in material. Dust and dirt in buildings provide more than enough nutrition to support mold growth. Without a moisture source, these microorganisms will not grow.
- Microbial interactions and moisture-related physical and chemical emissions from building materials may also play a role in dampness-related health effects. Microbial growth can lead to release of spores, fragments and volatile organic compounds (VOCs). Further, the degradation of building material can release odors and pollutants into the air. Examples are microbial VOCs release from mold growth on wet gypsum wallboard or the release of VOCs from flooring that is installed on a substrate that is not sufficiently dry.
- Many existing building standards and regulations focused on health and comfort do not adequately stress the steps required to properly prevent and control excess moisture.
- Addressing and controlling dampness in buildings can reduce adverse health outcomes.

Of all the findings in the WHO report, the latter is perhaps the most significant. Taking this finding seriously and initiating proactive steps to prevent and correct moisture problems demonstrate a commitment to protecting the investment in the building, and more importantly, in protecting occupant health.

Understanding moisture infiltration

Understanding how moisture can infiltrate or accumulate in a building is an essential initial step in the design and construction phases of a building. It also is often helpful for diagnosing an existing problem. Designers and building owners should employ an expert to assist with these efforts to avoid costly mistakes and delay.

An indoor moisture or water problem typically has four components:

- **Source** – Any opening of any size in the building envelope allows water or moist air to penetrate the building and accumulate on or in building materials, furniture and fixtures. These sources include outside air brought in through the heating ventilation and air-conditioning (HVAC) systems, leaky windows and door openings, roof leaks, plumbing leaks, missing, inadequate or poorly designed flashing, lack of gutters, foundation and plumbing leaks, among other causes. Activities of building occupants – such as cooking, showering and washing or drying clothing – can also introduce moisture.
- **Path** – Water can travel along pipes and HVAC ducts and pool in areas far from its entry point. In addition, improper building pressurization and lack of adequately dehumidified supply air can bring water vapor (damp air) in from the outside through the building envelope where it can become trapped in wall assemblies, condense on building materials and other surfaces, and cause mold growth. When solving a water or moisture problem, investigators follow the path back to the source. If the source of the moisture or water infiltration is not addressed, problems will continue to arise.
- **Form** – The form that moisture takes within a building is a good indicator of its source. Moisture can infiltrate a building as a liquid or vapor. Condensation within the building envelope indicates that the wall assembly is not draining or drying properly. It typically results from an imbalance in the HVAC system or inadequate ventilation, which leads to high relative humidity and/or building material surfaces that are below the dew point temperature of the surrounding air. Similar to a sweating chilled water pipe or a cold glass of water, the combination of high humidity and cold surfaces allows water vapor to condense within the wall assembly, creating an ideal and concealed environment for mold growth. One should also consider water in liquid and vapor forms that are bound in building materials.
- **Force** – What draws water into the building or from one location to another is a key factor in determining and eliminating its source. There are several common forces by which water or water vapor move through a building, including gravity, capillary action, sorption, vapor flow and infiltration. In addition, as the building envelope becomes tighter in an effort to save energy, depressurization or pressurization of conditioned spaces can lead to infiltration of moisture. At the same time, warm moisture-laden air can exfiltrate into wall and roof cavities. Moisture can become trapped and condensed, thus creating an ideal environment for indoor mold growth.

Controlling relative humidity

Throughout a building’s useable life, most moisture will enter the building as humidity brought in with outdoor air through the HVAC system. This humidity should be removed as part of the conditioning of the outdoor air by the HVAC system, although this does not always occur.

With proper understanding and operation of the buildings HVAC and plumbing systems, moisture-related problems can be avoided. In particular, during cooling

Eastern Iowa IFMA
2010/2011 Programs

Date: September 14, 2010

Location: Lowe Park.
Marion, IA

Date: October 12, 2010

Location: Hon Industries
Muscatine, IA

Date: November 9, 2010

Location: Design Engineers
Cedar Rapids, IA

Date: December 14, 2010

Location: UI Campus Recreation &
Wellness Center
Iowa City, IA

Date: January 11, 2011

Networking Meetings
Location: TBD
Iowa City/Coralville, IA
Time: 12:00

Location: Biaggi’s
Cedar Rapids, IA
Time: 5:30

Date: February 8, 2011

Location: Human Services Campus
Cedar Rapids, IA

Date: March 8, 2011

**Location: Iowa City Readiness
Center
Coralville, IA**

Date: April 12, 2011

Location: Van Meter
Iowa City, IA

Date: May 10, 2011

Location: TBD

*If a meeting is cancelled due to weather it may be held on June 14,

season cooling coils must be kept sufficiently cold to dehumidify the air. Proper ventilation and insulation of the building components are also important factors. It is critical that building owners and manager understand the importance of controlling relative humidity in interior environments, including the effects of ambient (outdoor air) conditions on the building interior spaces. Consider the following guidelines:

- In cold climates, moisture can collect in and on inside surfaces of exterior walls. When the inside surface of these walls becomes too cold, the surface relative humidity may increase such that moisture may condense when the temperature at the inner surface of the external wall is at or below the dew point temperature of the room air.
- In warm climates, air-conditioning plays a key role. Indoor temperature and outdoor humidity conditions strongly influence whether and how much moisture may condense on or in the building envelope. Mold growth typically occurs on internal surfaces of external walls whenever wall components are cooler than the dew point of the air. This can occur when air-conditioning cools the interior side of an exterior wall the dew point temperature of the indoor spaces is too high.
- Proper balance and verification of the HVAC system capacities are essential for keeping relative humidity in check. A properly balanced HVAC system provides adequate ventilation and allows the building envelope and wall assemblies to breathe. This allows water vapor to evaporate and the interior of the wall to dry.
- Become familiar with ANSI/GREENGAURD Environmental Institute Mold and Moisture management Standard for New Construction (ANSI/GEIMMS1001). This important national standard – which was released in 2009 – is the first to proactively focus solely on preventing mold and moisture issues that can arise in the construction of new buildings and can also be an important tool for managing moisture in existing structures. Details about this standard can be found at www.greengaurd.org.

Become proactive

A recent U.S. Department of Energy report estimates that 2 to 4 percent of renovated and new spaces will suffer a substantial failure due to moisture intrusion within the first seven years of occupancy. With the costs for failures often amounting to millions of dollars, moisture prevention programs are economically warranted and always advantageous. In addition, when additional factors such as improved construction practices, increased occupant health and reductions in operations and maintenance costs are considered, employing such a plan makes good sense for any contrition or renovation projects. Furthermore, taking proactive measure provides additional legal protection in the event of a lawsuit.

New Members

Jeffrey W. Heber – U.S. Bank
 Wynn Johnson – Pearson
 Janet Fuller – Pioneer Workspace Solutions

Welcome!!

March meeting winners!!

Dan Wille, Modern Piping - Biaggi's gift certificate.
 Tim Bishop, T&M Services - free meeting gift certificate
 Matt Hansen, Ryan Companies - chair donated from Pigott.

Education opportunity

NORTHERN ILLINOIS UNIVERSITY

We offer programs to help candidates prepare to earn the LEED Green Associate and LEED AP accreditations of the U.S. Green Building Certification Institute and the BPI Energy Auditor Certifications awarded by the Building Performance Institute. Go to www.niupd.niu.edu for more information.

IFMA Calendar of Events

2011

March 19 – 20	Leadership and Strategy Essentials (FMP) Boston, MA
March 19 – 20	Finance and Business Essentials (FMP) Boston, MA
March 19 – 20	Real Estate Competency Course Boston, MA
March 19 – 20	Technology Competency Course Boston, MA
March 19 – 20	Sustainability Course 1 Boston, MA
March 21 – 22	CFM Exam Review Course Boston, MA
March 21 – 22	Operations and Maintenance Course (FMP) Boston, MA
March 21 – 22	Project Management Course (FMP) Boston, MA
March 21 – 22	Sustainability Course 2 Boston, MA
March 23 – 25	Facility Fusion 2011 Conference & Expo Boston, MA
April 12 – 13	Operations and Maintenance Course (FMP) Houston, TX
April 14 – 15	Leadership and Strategy Essentials (FMP) Houston, TX
May 17 – 18	Project Management Course (FMP) Houston, TX
May 19 – 20	Operations and Maintenance Course (FMP) Houston, TX
May 23 – 25	European Facility Management Conference Vienna, Austria
Oct. 26 – 28	Work Workplace 2011 Conference & Expo Phoenix, AZ

The IFMA education department is offering you *even more* opportunities to achieve your professional education goals.

See our website for more details
<http://www.ei-ifma.org/resources.html>

March Membership Anniversaries

Brett A. Hulme, Pigott Inc. - 10 years
 Jennifer K. Reyes, Kone Inc. – 1 year

Congratulations!!

Thank You

To our Sponsors for the 2010-2011 Year!!

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design: from the inside out



Bronze Level Sponsors

