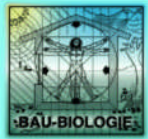


April 2009

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– Dafyd Rawlings



## Check these Courses Out!!!

### [IBE 024 Healthy Nursery](#)

FREE Video

### [IBE 204.5 Light & Lighting](#)

Featured course offered at a limited time 40% discount.

### [IBE 313 Natural Healthy Building Seminar - 16-19 May](#)

Advanced interactive seminar to build nurturing homes - *Fantastic and inspiring seminar [somaearth.com]*  
(CEUs for AIA & BBEC)

### [IBE 211 Indoor Air/Water Seminar - 21-25 May](#)

Comprehensive seminar for Indoor Environmental Assessments  
(CEUs for AIA & AIA)  
Required for BBEC

## Thank you for your support *We did it!!!*

With your support we were able to launch the new website with an innovative focus on getting relevant material into the hands of the general public. Our goal was to divide up the marvelous information of Building Biology into smaller chunks, so that more could learn and implement the pearls of wisdom. We did this, and yet were still able to keep the certification tracks at relatively low cost with limited travel requirements.

With your contributions and with your continued support, now we can make it readily available to everyone through the world.

Check it out and join us as we help make the world better for every man, woman and most importantly, child.

## New IBE Website – Tips & Tricks!

[www.buildingbiology.net](http://www.buildingbiology.net)

The new website at includes a variety of courses and resources, ranging in price from free to low-cost. We've included videos and resource material contributed by BBECs. We have updated a significant amount of the IBE material, as well as, translated the course material from Germany.

### How to get started?

Though everyone can have access to a great deal of information, we do ask that you **Sign Up** to have full access. This helps us limit spam traffic, but it also enables you to keep up with which courses you have read.

Next time you access the website, simply **Login**. At any time you can check what you've done by visiting the **My Profile** page. IBE does not sell or use your information for any purpose.

## Courses and Seminars

On the courses and seminars pages, you will see a listing of the wide variety of course categories. **Click on the Course Category** of interest and you'll see the course listings.

**Click on an Individual Course** to see more information about the course, you'll be able to see the Lesson titles, Course description, CEU credits (IBE, AIA or AmIAQ), Contact hours and whether or not there is a final exam.

You will not have access to Purchase a Course or to read a Free Course unless you are **Logged In**.

### To Read a Free Course/Video:

Once logged in, you can access a Free Course/Video by Clicking on the Individual Course and then on **Read the Course**.

### To Purchase a Course:

Add the Course to your Cart and then **Click on the Shopping Cart**. IBE uses PayPal to process its payment; however, within PayPal you can use credit cards or your PayPal account. Once the payment is processed in PayPal, you can return to the IBE website and **Read the Course**.

### Certification Tracks

IBE continues to offer two certification tracks and that information is available on the **Certification** page.

### Looking for an Expert

Looking for a consultant, an architect, a store, or perhaps someone to do a program. Check out the **Experts** page.

### Resources/Forum

Look up information in archived EcoDwells™ and in the future ask questions at the IBE Forum.

## Calendar of Events

### May 16-19, 2009

IBE 313 – Natural Healthy Building, Summertown, TN for practicing BBEC's and Natural Builders (space is limited, register now)

### May 21 – 25, 2009

IBE 211 – Indoor Air Quality Seminar, Clearwater, FL

### May 20 – 24, 2009

Autism One – Chicago, IL (approved provider program)

### June 25 – 28, 2009

From Roadblocks to Recovery  
LIA Foundation – Scottsdale, AZ (approved provider program)

### Aug 20 – 24, 2009

IBE 212 – Electromagnetic Seminar, Clearwater, FL

### December 3-7, 2009

IBE 213 – Natural Healthy Building, Clearwater, FL

*Stay tuned for other events including programs in your area by approved providers.*

Each month IBE will provide excerpts from their well-researched course material to empower you to take control of your indoor environment and building.

## Building Biology Course Materials: Bioaerosols

*Bioaerosols are airborne microscopic particles that are living or that are released from living organisms. This includes mold, mildew, animal dander, bacteria, viruses and dust mites.*

### HEALTH IMPLICATIONS:

These microscopic organisms and particles have been implicated in respiratory illnesses, skin allergies, hypersensitive reactions and anaphylactic shock. A number of infectious diseases have been clearly linked to indoor aerosol transmission. These minute particles have the ability to penetrate deep into our bodies when inhaled, and will flourish if the immune system is unable to adequately deal with them, possibly due

to chronic exposure to high concentrations of these bioaerosols or immune-comprised.

### COMMON SOURCES/PATHWAYS:

Bioaerosols are found everywhere in nature. They are responsible for the decay process and the spread of plants. When concentrations become higher indoors and these microflora start to proliferate, problems occur.

Energy efficient construction has increased humidity and condensation in homes. This in turn has caused a dramatic increase in mold allergy problems. HVAC systems also provide a wonderful medium for microbial growth. Anywhere moisture accumulates there is a potential for microbial growth, such as under sinks, in refrigerator drain pans, at bathroom areas, basements, from roof and pipe leaks, in humidifiers, in dryer vents, and from incorrect use of insulation and vapor barriers.

### DETECTION OPTIONS:

A thorough inspection of suspected problematic areas often leads to the source of the problem. Air samples, surface samples and bulk samples can be taken by an inspector to provide concentration levels and identification of possible allergen.

### MITIGATION OPTIONS:

- Keep you home clean and well ventilated
- Use suitable light to reduce the opportunity for microbial growth.
- Dust mites and many other microbial organisms cannot tolerate ultra violet light and dust mites will not survive if the relative humidity is below 50%.
- Stop all water leaks and cleanup prevents recontamination.
- Stagnant water, cool mist humidifiers and associated slime have been shown to host opportunistic bacteria and fungi.
- Flush all water lines, HVAC, humidifiers, pool and sauna reservoirs well before putting into service.
- Clean and sanitize all affected surfaces.

## Inside Scoop - Editor's Note

Recently I had the opportunity to create my healthy sleeping environment. I first measured the body voltage, electric fields, magnetic fields and radio frequency radiation inside my bedroom. I found the main source of high readings were the circuit breakers that are connected to the GFCI in a nearby bathroom and to the GFCI on the exterior north wall of my bedroom (this accounted for over half the body voltage recorded!). I continued to find the other circuit breakers that had an effect on body voltage. I was surprised to find that overhead lights and outlets in adjacent rooms had such an impact on my bedroom. I currently turn off 9 circuit breakers each night before getting into bed.

### Here is the INSIDE SCOOP:

I had not truly slept soundly for as long as I can remember. I was so excited to finally have a sleeping environment that was nurturing and allowed my body to self heal. To my surprise, my reaction on the first night was anger, agitation, irritability and inability to sleep. I was having the same reactions I did when withdrawing from sugar and caffeine. It felt like my body was addicted to the effects of electro/magnetic radiation.

I am happy to report that after several nights of "detoxing" I am now sleeping soundly and deeply like I never have before.

## Reader's Corner:

### Featured Course

IBE 204.5 Light and Lighting  
Course discounted by 40% for a limited time offer.

### Suggested book:

Your Health and the Indoor Environment  
by Randall Earl Dunford

### Suggested Website:

[www.informedconsent.org](http://www.informedconsent.org)

Please submit articles to [outreach@buildingbiology.net](mailto:outreach@buildingbiology.net) for future issues.

## Our Obligation to Dwell Responsibly

by Dafyd Rawlings

I've been asked to write about my decision to pursue the Building Biology Practitioner certification through the Institute of Building Biology and Ecology. For me, the central issue is the need to be best equipped to consider every design holistically and from what I have covered so far in my studies, building biology does just this.

A year and a half ago, the population of the United States of America surpassed 300 million people. The population of the world is expected to double within a generation. We are seeing the accretive results of our human impact: global warming, peak oil, suspicious food sources and dwindling clean water supplies are just a few of the concerns. We must recognize that in the short 150-year span of the age of technology, we have managed to destroy, exploit, and endanger natural systems all around the globe, all the while believing that technology will save us from our folly.

For too long, we have stumbled along without regard for the millennia of experiences we collected as a species as we instead allow the guiding principles of convenience and safety to divorce us from common sense and respectful practice.

We can have healthy buildings. We can create regenerative environments. We can live within our means. We can live in a manner where how we dwell is good for the world... where rooftops collect sun energy and rain water, where we improve our existing housing to be healthy and comfortable, where lawns are food forests waiting to happen, where waste is food, where grey-water is nutritious irrigation water, where in the end everything is part of a glorious cycle. All of this can be done and I see that building biology can be one of the catalysts for making the dream of a better world a reality.

It is obvious that strategies for living regeneratively are crucial to surviving and ultimately thriving within our limited resource base.

I recently related the story of working on the border between Mexico and the USA to an IBE class. Before the recent spate of drug violence [again part of our own unhealthy cultural issues], we were building low-cost housing and civic structures in a very poor neighborhood on the outskirts of Ciudad Juarez. Many of the people there work in factories producing goods that are bought and consumed in our country. Those workers are continually exposed to toxic chemicals and processes that have resulted in many instances of deformities and medical problems in their children. We, in the USA, ignorantly follow a pattern of living that results in pain and suffering and hardship for other people in other places.

Design can be, and increasingly is, a science that contributes to our growing knowledge of how humankind can rediscover the connections between human activity and natural processes. When design is at its most conscientious, it is continuously investigating how best to create buildings and sites that are appropriate to and enrich their place, that strive toward the principles of regenerative design, and that support the people and communities that use them.

Sustainability is an important concept to grasp, but is not the goal. It is the process of attaining the baseline measure for any design endeavor whereby negative impacts are balanced by beneficial inputs to the systems it utilizes and of which it is a part. *It should be the minimum standard for any project.*

Stepping up in relevance, regenerative design meets its obligation to the common good. In this whole systems approach, cycles of materials, energies and flows are established, maintained and improved; the term waste is replaced by food, the end of one use is the beginning of another, and harmony is recognized and respected. This is not a lofty goal. It is a very usual and regular process that has been perfected by nature on our planet. We can investigate and learn about these processes by studying and interacting with the Earth; and, these processes can be used to inform our design and building activities. Building biology is one of the

holistic design sciences that seek to do this.

Native American experience counsels us to not make hasty decisions and to consider the long-lasting consequences of our decisions on generations to come. We are seeing the impacts of our myopic desires play out in our world - right now, today, but what is necessary to convey is that whatever the effort, change begins with each individual. We gain in influence when we band together. We achieve parity when we come to a place of acceptance of the truth demonstrated in experience of our relationship with natural cycles as a whole.

We will not overcome our overall consumptive lifestyles in a day, but we can modify them hugely over a few years. We only have a decade or so before our human-initiated climate change will have irreversible effects on the planet.

As Antoni Gaudi observed, "Those who look for the laws of nature as support for their new works collaborate with the Creator." We have the power to make decisions that influence the world around us and the world of the future. We have the intellectual capacity to question assumptions, stereotypes, and preconceptions. We have the need to be informed. We also have the ability to answer the question the environment is putting to us: When do we fulfill our obligation of responsible dwelling?

*Dafyd Rawlings lives with his wife Yolanda in Santa Fe and is a LEED accredited professional, permacultural designer, Natural Building Network Advisory Board member, and intern architect with an MA in Architecture currently taking his exams towards licensure. He has taught natural building at The Farm, Lama Foundation, Ecovercity and Spirit Pine Sanctuary. He is the general contractor for all his own home improvement projects and was Assistant Director of World Hands Project. He operates his own design consultation firm and freelances at EcoNest/Baker-Laporte & Associates.*

# IBE 211

## Indoor Air Quality Seminar

### Topics include:

- ❖ Biological contaminants i.e., mold, bacteria etc
- ❖ Volatile organic compounds (VOC's), such as formaldehyde
- ❖ Pesticides
- ❖ Combustion gases, such as carbon monoxide
- ❖ Water pollution
- ❖ Dust and particulates
- ❖ Environmental stressors, such as humidity and temperature

### Presenters:

- **Michael Weston, BBEC** - Credentials include: IAQA: CIE, CMR, CRMI; NEHA: Radon-Measurement, Mitigation Speaker; ASPREI: CEHI; Level 1 Thermographer; State of Michigan: Licensed Builder, Asbestos-Inspector / Management Planner, Lead Paint Inspector/Risk Assessor, Well/Septic Inspector, Pesticide Applicator. Mike is a building consultant and educator. As a life long tradesman he understands the interactions of location and design on the built environment.
- **Anne Stewart, BBEC** – professional member of the Canadian Institute of Public Health Inspectors. Anne's professional background includes public health investigations for eight years. She has inspected restaurants, investigated communicable and infectious diseases, and investigated all types of health hazards (mould, chemical spills, sewage, air quality...).

**May 21-25, 2009 (8:30 AM - 4:30 PM)**

Moccasin Lake Nature Park

*A Natural Park in Clearwater, FL*

**Registration \$1375 (Early Bird before 1 Apr save \$100)**

**For additional information or to register please contact:  
727.461.4371 or [www.buildingbiology.net](http://www.buildingbiology.net)**

**This seminar is part of the requirements for the Building Biology Environmental Consultancy (BBEC) Certification. For those in the certification program, successful completion of a seminar exam is required.**

**This seminar will earn 40 CEUs for IBE, AmlAQ and AIA requirements.**

The International Institute for Bau-Biologie® and Ecology presents

# IBE 313

## Advanced Natural, Healthy Building

### Topics include:

- ❖ Bau-Biologie® Design within the current building culture
- ❖ Building Physics (Science)
- ❖ Biologically sound building materials and strategy
- ❖ Designing for climatic environment

### Presenters:

- **Paula Baker-Laporte, FAIA, BBP** - Lecturer and Author of “*Prescriptions for a Healthy House: A Practical Guide for Architects, Builders and Homeowners*” and “*EcoNest*”, and hailed by Natural Home Magazine in 2005 as one of the top 10 green architects in the US. [www.econest.com](http://www.econest.com)
- **Stephen Collette, BBEC, LEED AP** – a natural builder specializing in straw bale construction. He works with the Canada Green Building Council’s guidelines and method to ensure a quantitative approach to building green. [www.yourhealthyhouse.ca](http://www.yourhealthyhouse.ca)

**May 16-19, 2009 (8:30 AM - 4:30 PM)**

EcoVillage Training Center at The Farm  
*A Natural Building Center in Summertown, TN*

**Registration \$775 (Early Bird save \$50)**

**For additional information or to register please contact:  
727.461.4371 or [www.buildingbiology.net](http://www.buildingbiology.net)**

**This seminar is open to Building Biology Environmental Consultants (BBEIs/BBECs) or Builders & Architects experienced in Natural Building.  
This seminar will earn 28 CEUs for IBE and AIA requirements.**

The tuition includes room and board for 4 days and 4 nights. Room accommodations are dormitory style at the [Eco-Hostel](#) of [The Farm](#). (space is limited so [register](#) early)

Seminar Fee: \$775 (after April 1<sup>st</sup>)  
\$725 (before April 1<sup>st</sup>)