



## President's Message



At this time of year, it seems everything in Environmental Health picks up the pace and we sometimes find ourselves in situations where we hardly have time to stop and think – let alone complete the different tasks that we are assigned. Like you, this has been a very busy summer and fall for me. As I'm sure

you know, the Idaho Food Code is in the process of being updated. Those updates include specific wording about "cottage foods". I've been busy with negotiated rule meetings, public hearings, and other issues all over the State. Just in the past 2 weeks, I've been in Panhandle Health District, North Central District, and Eastern Idaho Public Health District. But I'm sure you can relate to the pressure we all feel at this time of year.

Know that we, the Executive Board of the Idaho Environmental Health Association, sincerely appreciate all that you do for Environmental Health. I have frequently said that Environmental Health is one of the public health programs that affect us each and every day, whether we realize it or not. We all benefit from the work that Environmental Health Specialists do on a daily basis. You too should feel proud of the work you do. Take a bow and know the work you do is greatly appreciated!

## IEHA 2016 Annual Educational Conference

The IEHA 2016 Annual Educational Conference will be held March 16th & 17th in Boise.

If you have topics you would like to be covered or be a presenter, please contact [Tyler Fortunati](#).

Please consider being a volunteer. We will need help with:

- Moderators
- Help with vendors
- Collect scholarship applications

- Awards
- Track legislative bills

These are short-term volunteer opportunities to help support your association.

### Inside this issue:

Best Practices for Child Care Facilities	2
Radon Measurement Course	2
Radon Mitigation Course	2
Upcoming DEQ Workshops	3
Daylight Savings Time	3
Recovering from Wildfire	3
IEHA Board Elections	4

### Points of Interest:

- *Guidance for child care facilities is being developed.*
- *Check out courses and workshops dealing with radon, source water protection, and solvent disposal.*
- *Check out the guidance for property owners who are recovering from the effects of wild fire on and near their properties.*

# Best Practices for Reducing Contaminants at Child Care Facilities

At the request of Environmental Health Specialists from Central District Health Department, the Environmental Health Education and Assessment Program (EHEAP) has been developing a guidance document for reducing contaminants at daycare facilities.

This document is intended for the use by child care providers responsible for taking care of children and maintaining a child care facility. It can also be a useful resource for child care inspectors and parents.



The objectives of this guide are:

- To describe selected toxic pollutants commonly found at day care facilities;
- To provide information about how children can come in contact with a particular pollutant, and;
- To identify common health effects and how these effects can be reduced.

EHEAP is planning to share the draft version of this document before the end of 2015.

All the district health departments will have the opportunity to review and provide comments to this document.

**Environmental Health Education and Assessment Program at the Division of Public Health working on the document: “Best Practices for Reducing Contaminants at Child Care Facilities”**

## Radon Measurement Course—October 26th & 27th, 2015

Dr. James Burkhart of the Western Regional Radon Training Center at the University of Colorado will teach a radon measurement course. Topics include:

- Radiation
- Health effects
- Radon entry mechanisms
- Proper testing protocols

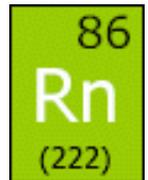
- Testing Devices
- QA/QC

The course starts at 7:30 AM October 26th and those who want to be certified in radon measurement by the National Environmental Health Association’s National Radon Proficiency Program can take the examination late Tuesday afternoon.

The cost is \$150 which covers the course enrollment and the certification test.

The course will be held at the Division of Building Safety at 1090 East Watertower Street #150, Meridian, Idaho.

Contact [James LaMarche](#) with your name, company, and course(s) you want to attend.



## Radon Mitigation Course—October 28th—30th, 2015

Mr. John Seidel of Radon Be Gone Corporation will teach a radon mitigation course. The topics include:

- Sub-slab depressurization
- Sub-membrane depressurization
- Suction on perimeter drains
- Caulking and sealing
- Pressure field diagnostics

- Fan and pipe sizing
- Radon resistant new construction techniques (RRNC)

The course starts at 8:00 AM and for those who want to be certified in radon mitigation by the National Environmental Health Association’s National Radon Proficiency Program can take the examination late Friday afternoon.

The cost is \$150 which covers the course enrollment and the certification test.

The course will be held at the Division of Building Safety at 1090 East Watertower Street #150, Meridian, Idaho.

Contact [James LaMarche](#) with your name, company, and course(s) you want to attend.

## Upcoming DEQ Workshops in Idaho

### Source Water Protection Workshop: Addressing Nitrate in Drinking Water

The Source Water Protection staff under the Water Quality Division of DEQ is putting on workshops in Idaho Falls (10/28), Twin Falls (10/29), Lewiston (11/5), and Boise (11/20). There are CEUs available for Drinking Water Operators licensed with the Idaho Bureau of Occupational Licenses and for Certified Crop Advisors.

The cost is \$40 if pre-registered.

Click [here](#) for more information, including the agenda and pre-registering.



### Solvent Solutions Workshop

Solvents are used everyday in homes and businesses. New federal rules can affect how solvent wastes can be disposed. There will also be a discussion on less hazardous solvents available.

The workshop is on November 17, 2015, in Boise.

The cost of the workshop is \$20 and the deadline for registration is November 13, 2015.

Click [here](#) for registering.



### Water Quality Workshop: Monitoring, Assessment, and Management

The 26th Annual Water Quality Monitoring Workshop will be held February 2-4, 2016, at the Student Union Building at BSU.

The purpose is to share results of water quality monitoring, assessment, and management efforts throughout Idaho and the surrounding states.

They are currently calling for oral and poster presentations.

Click [here](#) if you need more information.



## Daylight Savings Time Facts and Myths

Daylight Savings Time ends November 1st this year. While many people have assumed that DST started to help farmers, that is a myth. Farmers have fought against it since it was first proposed in Britain in 1908. Farmers do factor sunlight into their schedules. However, the time shift causes the farmers to have less daylight hours to handle morning tasks and still get to market. Livestock does not change their habits based on a clock.

DST was first started in Germany during World War I on the assumption that it would reduce lighting demand and save coal. The U.S. started using it for the same reason in World War II. It wasn't until 1966 that anyone actually looked at the supposed energy savings of DST.

Studies have found that more people spend time outside in some physical activity an hour longer than normal. According to data from a 2012 study by

the National Incident-Based Reporting System, robberies decreased by 40 percent. The extra hour of evening light helps people get home during daylight hours, which appears to deter would be robbers.

*Thanks to National Geographic for the data.*



## Recovering from Wildfire

Now that the wildfire season in Idaho has started to settle down, people in the impact zones will need to focus on the consequences of losing large areas of range and forests.

The Bureau of Land Management (BLM) moves into an area as soon as possible to start re-seeding burned out areas. The new vegetation needs time to establish and will in turn protect the land from

soil erosion, invasive weeds, and soil compaction. It is important that people stay out of these areas while the plants are rooting to avoid damaging them.

Even homeowners not in the immediate fire zone need to consider how the burned out areas can affect their properties. Denuded slopes are susceptible to soil erosion, flash flooding and land slides.

The Natural Resources Conservation Service has a publication for homeowners called "[Wildfire: Recovery Tips for Idaho](#)". Inside it is information on controlling soil erosion, planting in different parts of Idaho, sandbagging, and controlling debris and storm flows.





*The Idaho Environmental Health Association members include environmental health professionals, industrial hygienists, consultants, solid waste operators, and other environmental health professionals. We promote a more competent and motivated workforce by encouraging our members to express their opinions and to learn from each other.*

*The organization provides an opportunity and stimulus for professional growth; promotes high standards of conduct and qualifications; strives for increased recognition of environmental health professionals as a group rendering service vital to the health and well-being of the public; and continues to affiliate with national organizations with similar objectives and programs.*

**We're on the web:  
[ieha.wildapricot.org](http://ieha.wildapricot.org)**

DIGEST editor: Jami Delmore

Thanks to Patrick Guzzle, Dr. Norka Paden, and James LaMarche for their contributions.

## Elections in 2016

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IEHA elections will be coming up again March 2016.

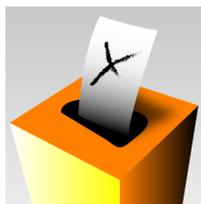
Voting will need to take place for:

- President-Elect
- Secretary/Treasurer
- Area A Representative
- Area B Representative
- Area C Representative

**Area A** covers Benewah, Bonner, Boundary, Clearwater, Idaho, Kootenai, Latah, Lewis, Nez Perce, and Shoshone counties.

**Area B** covers Ada, Adams, Boise, Canyon, Elmore, Gem, Owyhee, Payette, Valley, and Washington counties.

**Area C** covers Bannock, Bear Lake, Bingham, Blaine, Bonneville, Butte, Camas, Caribou, Cassia, Clark, Custer, Franklin, Fremont, Gooding, Jefferson, Jerome, Lemhi, Lincoln, Madison, Minidoka, Oneida, Power, Teton, and Twin Falls counties.



If you have any questions about the positions, please contact one of your current board members with questions.

[Patrick Guzzle](#), President

[Tyler Fortunati](#), President-Elect

[Jami Delmore](#), Past President

[Ken Keller](#), Secretary/Treasurer

[Nancy Becker](#),

Area A Representative

[Brigitta Gruenberg](#),

Area B Representative

[Heidi Cranney](#),

Area C Representative