

Student Advisory Committee (SAC)

Seminar Student Welcome Packet



This packet is filled with tips on making your visit productive and enjoyable, and developed by former students.



Building Biology Institute
The science of healthy buildings

TABLE OF CONTENTS
STUDENT WELCOME PACKET

<u>TOPIC</u>	<u>PAGE</u>
Welcome from SAC	1
Welcome from BBI & Instructors	2
About Students & Alum	2
About You	3
About IHRC	3
Seminar Preparations	4
Welcome Night	4
Adjustments made for EHS/MCS/Special Foods	5
Travel Info	6
Packing-General	7
Packing-Seasonal	8
Santa Fe Storms	9
Elevation-Impacts/Natural Remedies	9-14
IHRC Meals/Special Needs Diets	15
General Amenities	16
Kitchen Hours	16
Lobby Amenities	16
Break Night	17
Tipping Info	17
Santa Fe	18
BBI Newsletter	18
BBI Membership	18
Final Projects	19

HELLO AND WELCOME FROM THE SAC!

From beautiful Santa Fe, NM, the Student Advisory Committee (SAC) of BBI extends to you a warm welcome! We are here to interact with you, get to know and appreciate you, listen to you, take action on your behalf, and be your voice as liaison to the Staff and Board of Directors. We ensure you have an open and secure means of communicating your thoughts and ideas to them. We are here for you, for whatever your needs are, to answer your questions, support your studies and to ensure you have an on- going top level experience with your stay and your education.

We look forward to getting to know you in this unique adventure and are honored to offer all that we can to make this a positive, invaluable experience for you.

We are excited to welcome you!

The SAC:

Annette Koch, Co-Chair
Cynthia Spoor, Co-Chair
Miriam Lindbeck, Chair

WELCOME FROM BBI and YOUR INSTRUCTORS!

BBI welcomes you into its training, spirit and BBI community. Many of us refer to BBI as “family”. We are pleased to have you in our midst, and will do all we can to make your experience valuable and memorable—even, perhaps—life changing.

We are just as interested in you as a person as we are in you as a student. We, the staff, instructors and members of the Student Advisory Committee will sit down with you for conversation during breaks, meal times and casual evening get-togethers. These unplanned meet-ups often prove to be some of the richest personal moments in the entire week.

We hope this will be the beginning of something extraordinary for you on every level. Just as we are interested in health for all that is living, we support all aspects of being alive. Consequently, your personal enrichment is key to us.

We congratulate you on taking this step, and once again, welcome you into this extraordinary family committed to creating healthy home sanctuaries.

Sincerely,

BBI and the Instructors

ABOUT OUR STUDENTS AND ALUMNI

BBI draws bright, talented, accomplished, and innovative people from all around the world—(you)— and we have seen many solid friendships flourish as well as professional exchanges develop. We continue to be amazed at the meaningful and inspiring relationships that spring out of this growing body of people, and hope that all of our new students find the selfsame sustenance and stimulus from this interchange.

ABOUT YOU!

We are keenly interested in you, your life, and your family; we'd love to know what line of work you are in, what skill sets you have, what you're interested in, any hobbies you love or what you are passionate about. We also enjoy learning about your hopes and dreams, where you want to go in life, and/or what you wish to contribute to the world.

Your goals around your studies, your reasons for taking these courses and what you see doing with the information you gain with BBI, is always a riveting conversation, one that has endless possibilities.

We look forward to engaging with you during those hours of the day and evening where we enjoy interesting conversations and making new friends.

About IHRC

The Immaculate Heart Retreat Center is the home for the *Archbishop of the Archdiocese of New Mexico*. Cloistered nuns also live there as do some director staff, priests and school-aged children.

- **Quiet is mandated**, so we recommend low to no noise while outside the confines of the Santa Maria building where we dine, train and some students sleep.
- We also strongly suggest **walking** on campus **be limited to the main drive area or over to San Miguel**, but **not around any private residence**.
- **Walking off campus**, however, is completely **permitted and even encouraged**. There are hiking trails, and a dry riverbed – or arroyo – behind the center that are beautiful and refreshing to explore. Local roads border the area, St. John University campus is next door or can be accessed off the river bed, and all are interesting and pretty to walk. The roads are narrow, so caution around traffic is well advised.

IHRC also hosts many other group trainings, such as photography on an ongoing basis, meditation, dance, art, etc. They attract the likes of BBI, meditation and spiritual focus groups, international business and National Geographic conferences.

An historic place of distinction, well respected and highly utilized in the area, once a sanitarium, now a Catholic Retreat Center open to many walks of life, it is truly vintage with a soul of its own. In a gorgeous, setting rich with hiking, serving up spectacular views of the storms, sunsets and sunrises, IHRC offers a reinvigorating connection to nature and mindfulness in the middle of bustling Santa Fe.

SEMINAR PREPARATIONS BEFORE ARRIVAL

Needed Utilities and Programs

- You will need these programs and utilities to access your course materials and for your Final Projects. Erik will send a link to your **Student Folder via a Dropbox link** :

Make sure you have:

- Dropbox
- Word
- Adobe Acrobat or other PDF reader

Complete required on-line courses

As much as possible for your benefit, complete the on-line required pre-seminar courses before the seminar begins. BBI understands that some students register late in the process and do not complete these studies beforehand, but they must be completed along with your on-line tests at some point, as they are part of the certification process.

WELCOME NIGHT

Best time to arrive at the Center:

- the day before training begins (you are on your own for food—there are many good restaurants and folks go to Whole Foods nearby), after 1 p.m.,
- and by 6 p.m. if possible, for an informal meet & greet. This is NOT mandatory.

At 6:00 PM, the night before is Welcome Night:

- **6:00 PM gather in the front room for introductions;**
- Many go out for dinner after the meeting, some have already have eaten and simply plan to get to bed early for the next day;
- Getting enough rest is critical to learning, plus there's still altitude matters to deal with until you fully adjust;
- so an early start on rest, if you need that, is a great idea;

EHS/MCS/Food Allergies/Special Foods:

Adjustments BBI makes for those who have sensitivities:

- Wi-Fi only in San Miguel
- no Wi-Fi in course room or Santa Maria, over all
- cell phones, pads and computers allowed in non-transmission mode only in course room
- center staff cleaning with vinegar and water only:
- Pinon Catering serving special needs diets
- changing rooms if needed
- no scents of any kind in course room, including essential oils

TRAVEL INFO

Albuquerque International SunPort—ABQ

Most of the major airlines fly into Albuquerque's International SunPort, which is an hour drive by car and approximately 90 minutes by shuttle, to the IHRC.

Santa Fe Municipal Airport-SFA

- **United and American Airlines** fly limited flights into and out of the Santa Fe Municipal Airport which is only 12 miles away from IHRC and an additional few miles from town.
- At SFA, **RoadRunner is the main shuttle service**, and they do ask for 24 hours notice. (Some students have had some challenges with Road Runner particularly late at night and/or early in the morning. Double checking in the morning or being appreciative late at night can help.)
- **From Albuquerque**, the Center is well provided by **Sandia Shuttle**. The Center is the furthest point in their runs, so you have to plan an extra 90 minutes or so to get to your destination on time in both directions. Their website will do the calculations for you.
- **rent a car or take the train** (but not on Sundays). You'll need to taxi or Uber yourself to and from the train station and to your destination, but it's a lovely scenic ride and a quieting way to taper off your busy travels, plus it's really cheap!
- **Uber, and private limousine services** booked in advance, are also available.

Shuttle services:

- Sandia Shuttle reservation info: <https://sandia shuttle.hudsonltd.net/res>
- RoadRunner <https://santafeselection.com/transportation/roadrunner-shuttle-and-charter>
- LuckyBoyz Limo <http://www.luckyboyzlimos.com/airport-transportation-limo-service>
- American Limo: <http://www.americanlimosabq.com>
- Rail Runner Train: <https://www.riometro.org/stations/santa-fe-depot> (does not run on Sundays)

WHAT TO PACK—GENERAL

- **Walking Shoes**

Definitely bring some athletic type shoes for walking, moderate hiking, enjoying the dry river bed behind the center and walking to the nearby Museum Hill. Santa Fe has a stunning beauty of its own and you'll want to take it in as much as possible.

- **Unscented toiletries**

We ask also that any toiletries you bring be unscented and as organic and natural as possible, as many of our students have sensitivities and can become quite ill with exposure to them.

- **Class Supplies**

Bring pens, pencils, note taking tablets, laptops, phones, chargers, calling cards, colored markers. Wi-Fi is not used in the course rooms and is limited to the sleeping quarters in San Miguel, but phones, pads and computers are allowed to operate in the course room or anywhere within the building in non-transmission mode.

- **Water/Water Bottle**

Bring your preferred water bottles if you need, though Whole Foods is not far from the Center where you can buy good water, and Pinon Catering always has water available for us from morning until the dining hall closes at night. There is a hot and cold water dispenser in the lobby, along with instant coffee and teas, in the event you want them during the wee hours.

- **Flashlight**

Some students bring flashlights. A good idea, JIC! Inside or outside, light is always useful!

WEATHER/WHAT TO PACK—SEASONAL

Winter

- Santa Fe is 7,200-7,500 feet in elevation. It's high desert so it is prone to weather extremes.
- In the Winter, temperatures can drop to **below 18 degrees, highs of 29 or less during the day, it snows and is very dry.**
- In Winter sessions, be careful about the **rarified and drier air,**
- bring plenty of **lip balm, nasal sprays,** and often we supply those items in case you don't have them. In the event of the air being too dry inside the building, we keep a humidifier running in the class room. None are in the private quarters.
- The personal rooms have radiators for heat which run at certain times during the morning, afternoon, evening, and night.
- Electric radiant heaters are supplied in each room if the warmth supplied by the building does not prove to be enough.
- bring **gloves, hats, scarves, boots, layers of warm clothes.** They will serve you well when out, and though we spend a good deal of time indoors during training hours, you will definitely need them for outside.

Spring

- crisp and still cold in the mornings
- often rain and thunder and lightning storms on and off, both day and night. They are truly spectacular.
- Moderate weight clothes you can layer are perfect for Spring as well as a warm scarf, hat and jacket.
- Fabulous weather for hiking nearby

Summer—Santa Fe gets hot.

- You'll want light weight clothes to layer
- sun hats
- sandals
- plentiful, unscented and chemical-free sunscreen.

Fall

Temperatures drop dramatically from day into night.

- **Bring clothes you can layer during the day and bundle up in at night.**
- The Center stays warm in the general use areas, but the rooms can be cold until the radiators come on. Feel free to use your space heaters.
- Outside will be markedly colder than indoors.

Santa Fe Storms

Santa Fe **typically has thunder, lightning, and rain storms** all year long. They are spectacular to watch from the Center or your room. If you choose to go out in them, pack a good umbrella.

If you are out and get caught in a storm:

- get to your or any indoor destination ASAP, stay until it passes, and use extra caution upon your return to the center. The rains are monsoon.

ELEVATION IMPACTS/NATURAL REMEDIES

Impacts:

You could experience any number of these following symptoms coming into a higher elevation with no time to acclimate:

- lightheadedness
- dizziness
- headache
- brain fog
- loss of concentration and retention
- shortness of breath
- sensation of heaviness
- easily fatigued
- made dizzy going up stairs
- nausea
- getting sick from too much exertion, food and alcohol

NB: Alcohol impacts you twice as much on half the amount.

Natural Remedies—expediTips and Tricks for traveling to High Altitudes
by Cathy Cooke, BCHN, BBEC

Waiver of Responsibility: These nutritional suggestions are not meant to diagnose, treat or cure any medical condition you may have, nor is it meant to replace your doctor's care. The following is what many students have found helpful:

- It is recommended that you be especially mindful your first two days
- moderate your normal physical activities and dietary intakes.
- Give yourself a good 48 hours to normalize.
- Some of us need more time.

In addition to the high elevation (7200 ft) and the dryness of the desert as stated earlier, you might be **crossing several time zones** and be experiencing some circadian rhythm disruptions. All the while you're thrown off this personal rhythm, you're learning a lot of new information, and need to be sharp in order to absorb the content.

To make a smooth transition to your new climate and time zone, consider some of these techniques below. They will help you to stay alert, sleep well, learn and adjust to your surroundings with minimal symptoms:

1. **Stay hydrated.** This is obvious, but so important and often neglected. We recommend:
 - **good quality mineral or spring water.** You may be using filtered water, if that's the case, be aware if it contains minerals or not. A reverse-osmosis water treatment for example, removes all minerals. This will cause unbalanced electrolytes in your body, and not hydrate you in the way we want.
 - **If using RO water, be sure to replace the minerals with a good electrolyte supplement.**
 - You can also just buy a nice mineral water like **Pellegrino, Perrier, Mountain Valley, or many other options.**
 - Drink **at least half your body weight in ounces as a minimum-** try for more.

2. Support your circadian rhythm. If crossing time zones:

- **begin to adjust your bedtime a few days before you travel.** If coming from the East Coast for example, you'll be 2 hours ahead of New Mexico. A few days before you fly, begin going to bed a bit later to adjust to the time difference. Start with 30-minute intervals four days prior. By the time you reach Santa Fe, your internal clock will be adjusted to the time difference. (You would do this in reverse if you're coming from the West.)
- You can also **take a small dose of melatonin to help you adjust if changing your bedtime doesn't work.** We suggest 1mg an hour before bedtime for a few nights. This can also be done on the return trip.
- **get outside, get sunlight on your body, and ground.** (Standing on moist earth barefoot is a great grounding technique).
- If you're **jet lagged**, the best thing to do is go outside **first thing in the morning and let your body receive the UV sun rays** for about 15-20 minutes.
- **Doing some mild exercise and grounding** are also very helpful. (Barefoot isotonic exercises, stretching on the grass outside the front doors.)
- Don't forget to **wear your blue-light blocking glasses** once the sun goes down, especially if you are on the computer or mobile device. This will protect your eyes and help melatonin production in the brain and help with sleep.

3. Be aware of the dry climate. This may take you by surprise. It can lead to sinus issues, congestion, dry skin, or poor sleep. Hydration is critical here.

- **Nasya Oil** (sesame oil or other preparation for the sinuses). You basically put the oil in the nasal cavity and inhale deeply. This lubricates the dry sinus passages and help with congestion. See more here: <https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/lifestyle/how-to-do-nasya/>

4. Diet/Skin Suggestions:

- We also suggest ensuring you're **consuming enough good fats**. (Think avocado, olives, pasture-based meats and eggs, whole fat dairy if tolerated, coconut oil, nuts, etc.) Having enough fat will help with tissue hydration and motility.
- If you don't do well with fatty foods- consider adding in a **digestive enzyme** (you can get these at any health food store). This will help you absorb your fat better, and assist with any upset stomach issues you may have from the stress of traveling.
- Don't forget to bring **hydrating face cream and body lotion** as well. (**unscented and organic** if possible, but for sure, unscented). You may not typically use these, but your skin will feel very dry in Santa Fe, so a little extra hydration will be welcome.

5. Consider supplements: to help with the altitude change. There are several supplements that may offer some benefit to blood perfusion and oxygenation of your body's tissues:

- **Ginkgo Biloba** is an herbal supplement that helps bring oxygen to the brain. Studies have shown it to be effective in reducing symptoms associated with altitude sickness. Begin taking the supplement a few days before the departure of your trip.
- **Vitamin C** may be helpful in lessening symptoms. Vitamin C also has the benefits of supporting your immune system, energy production, skin health, and adapting to stress. If you use **Lipo-C**, it will stay in your system longer.
- Some people have had success with a supplement called **Cell Food**. It is a proprietary blend of minerals that helps to deliver oxygen throughout the body. You can find it at most health food stores.
- The adaptogenic herb **Rhodiola** has some anecdotal evidence of being helpful for altitude adjustments. Research is mixed on the efficacy, but it can be very helpful for some. As an adaptogen, it has the added benefits of helping **support a healthy response to stress (physical, emotional or mental)**.

- **Ginger** is a highly effective supplement to **reduce nausea and inflammation- symptoms associated with altitude sickness.** Consuming **ginger tea** or taking **ginger supplements** before, during and after travel is always recommended. This is a power house rhizome that is often overlooked.
- **Garlic** is a great addition to your regimen either in capsule form, or with your food. **Garlic helps to thin the blood,** which equates to **better oxygen delivery** to your brain and muscles.
- **Cordyceps and Reishi** are amazing mushrooms with a plethora of medicinal benefits. Both can help with **oxygen delivery** and help **combat the fatigue associated with altitude adjustments,** and the **stress** of travel.

Other Source Ideas:

- **Nux Vomica homeopathic**
- **Magnesium Malate (most absorbable) for sleep;**
- **Oxylent** for antioxidants and minerals—add to your water
- **green papaya enzyme** by Wild Mountain Papaya—for elevation sickness.

Preparation is key. Don't wait until you feel sick to address the issue.

- manage your stress
- get enough sunlight and grounding,
- eat well
- support hydration and digestion
- use whichever supplements are best for you
- get enough quality sleep

If you did even a few of these suggestions, you will be well on your way to avoiding any negative symptoms associated with the dry climate and high altitude of Santa Fe.

- If symptoms still get you down- **remember to drink more water and rest.** The instructors allow you to leave the course room at any time. The bathrooms are near, so taking potty breaks is easy. You don't have to be a super-hero, resting is one of the best things we can do to support our body.
- **Most importantly, enjoy the seminar experience!**

References:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3770031/>

<https://www.ncbi.nlm.nih.gov/pubmed/18076292>

<http://www.denvernaturopathic.com/news/altitude.html>

<https://trekroute.com/avoid-acute-mountain-sickness-ams/>

IHRC MEALS—(Warning: You can pack on some pounds)

Special Needs Diets:

Erik will go over unique food needs for those who have them, which will be carefully **followed by Kim, owner of Pinon Catering**. Kim has gone so far as to buy Kosher pots and pans for one student. She will bend over backwards for us and takes great care for those with special food needs.

- Non-dairy, gluten free—breakfast lunch and dinner including desserts; organic, vegan, vegetarian, eating very simply and fresh, and DIY Paleo or Keto. Sweeteners range from inherent, to local honeys, and natural, non-insulin stimulating sweeteners; A flexible buffet with a variety of choices, it answers the needs and the wants of all eaters including Omnivores—see below;
- Crispy, healthy snacks and fruits are available all day, along with teas, juices, coffee, and water;
- There are plentiful options to keep special needs and commitments on track.

Omnivore Diets

For those who can eat pretty much anything, you will also be delighted with the fare:

- There are meats, some grass-fed, bacon, sausage, fish, chicken,
- potatoes, pastas, eggs, breads, butters, entrees, side dishes, etc, too many to mention.
- It's always plentiful, beautifully presented, multiple choices from eating light, to naturally rich, all the way to decadent and downright fattening.
- The desserts are always varied
- Crispy, healthy snacks and fruits are available all day, along with teas, juices, coffee, and water, so everyone is extremely well fed.

Food in the Course Room

- **Food is allowed in the course room**, so attention can continue with a well-fed brain. Besides, instructors won't get drowned out by growling stomachs.
- Bring your water too.

Night Eats before the dining hall closes

- Some studious people **fill bowls after dinner with snacks** and take them to their rooms for night time study.
- Some of us **fill bowls with snacks for night time gorging**.
- Some **make snacks their meals**.

General Amenities:

Lobby Refrigerator/Microwave

- If you've eaten out or gone to Whole Foods and bring back doggie bags, there is a refrigerator near the course room where you can put your left-over food as needed and wanted. The Center asks you to label your containers as they could get thrown out and a pen/labels are provided on the refrigerator. Before you return home, please be sure to discard all your unused food.
- There is also a microwave oven available next to the refrigerator.

Kitchen Hours

- opens at 7:00 AM, ready with **hot, organic coffee only**, both regular and decaf, organic cream, milk, sweeteners, and water for tea.
- Breakfast begins at 7:00 AM, ends at 8:00 or 8:30, depending on seminar
- Lunch begins at 12:00, 12:15, depending on the instructors and closes at 1:00
- Dinner begins at 6:00, closes at 7:00

Lobby Amenities

24/7:

water dispenser—hot and cold
teas, instant coffees
paper mugs—please conserve them

Hardwired BBI Computer

- there for your convenience
- **please do not shut down or off**

Private Service Room off Lobby

- hard wired internet connections;
- private meeting room;
- sometimes healing room

Break Night

- Kim often hosts a spectacular night at her gorgeous home overlooking the valley and the mountains, or we take to a restaurant.
- We throw off the intensity of studying and teaching to decompress into a night of conviviality, loosening up and good times
- If held at Kim's home, there is usually a talent show that showcases the special gifts lying within our student body:
- If you have anything you want to share from songs, poems, dances, photo galleries, performances, etc., please let Miriam know at sac@buildingbiology.net and she will get you on the marquee.
- Wine, Beer and Margaritas for a few extra dollars
- Cost is \$40 general admission. Restaurant fees will vary.

Tipping

Pinon Catering

It is up to us students to tip Pinion Catering which Kim pays to her help, so count on making a basic tip or more if you can.

Rooms

It is also up to us to tip our room services. Typically, \$20 is considered decent, but doing what you can is what matters.

Santa Fe Eating Out/Culture

- Santa Fe has some **delicious local fare**, as well as excellent national and international restaurants, **all within close driving distance**.
- Whole Foods is also nearby and many people make good use of it.
- Some students like to get in as much Santa Fe culture, if they can, but certainly, **family members love to explore the area while you are cramming your brains full of information**.

IHRC provides tourist information in the rooms, so be sure to check that out. Santa Fe is truly spectacular for art, music, food, shopping and hiking.

EcoDwell Newsletter

This is BBI's monthly newsletter reaching about 3,000 readers. It announces upcoming BBI classes, events, conferences and features relevant articles contributed by many sources both inside and outside of the BBI community.

BBI Membership Benefits:

- Monthly—Basic-\$55 gives access to Members only page;
 - Pro \$145 also gets free business listing under “Find an Expert” and access to professional development materials;
 - Affiliate \$200 has the monthly pro benefits;
- Lifetime—\$1750 includes all the above, all benefits in perpetuity including 15% discount on all BBI course, seminars, functions, biennial conference
- Corporate—\$2950 includes all the above benefits for up to 5 employees

FINAL PROJECTS

With each track—EMRS, BBEC AND BBNC—you will be doing a Final Project for your completion of certification. If you are doing more than one track, you may make a combined Final Project. You will be able to request a mentor of your liking, who will assist you throughout your project and participate in its final assessment.

If you do not have your meters for EMRS, or equipment for BBEC, BBI provides rental kits with the needed equipment. You will be asked to return it/them upon completion of your project. The rental cost of the EMRS/BBEC kit is \$1250 for one week of use, just long enough to get all your measurements and stats. Potentially, these kits will be rented separately, but as yet has not been launched.

BBNC is a building project. You will not need to rent testing equipment from BBI.

The Final Project is created for you. It's for you testing your own confidence, being out on a site, using your tools, recording the information and coming up with suggestions for the client. It is not a test to make you right or wrong, though accuracy is crucial, and that will be assessed by BBI. It is about exercising your base knowledge, seeing what you know and don't know, and getting it together so you can step out and begin your work.

Final Remarks

Congratulations on choosing to study with BBI. It is our commitment to you and our greatest hope that you will find this a life changing experience that will inspire you to contribute to the health of humanity and the planet. Welcome.