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2 Should You Care About IoT?

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4 4 Books You Should Read to Lead

BE A BETTER LEADER

For leaders at all levels in all types of business, 2020 was a tough year. Those businesses that managed to not only survive but also thrive all have one big factor in common: good leadership. If you want to be a better leader for your team in 2021, here are the latest leadership books you should add to your reading list.

'FRIDAY FORWARD: INSPIRATION AND MOTIVATION TO END YOUR WEEK STRONGER THAN IT STARTED' BY ROBERT GLAZER

Glazer is an entrepreneur and bestselling author who has taken 52 of the most impactful stories from his inspirational newsletter that goes out to more than 100,000 readers and put them in one convenient book. These stories of struggling entrepreneurs who turned things around can give you the push you need to make an impact in your own circles and end your work weeks stronger than they started.

'UNLEASHED: THE UNAPOLOGETIC LEADER'S GUIDE TO EMPOWERING EVERYONE AROUND YOU' BY FRANCES FREI AND ANNE MORRIS

Frei is one of the world's foremost authorities on leadership. In her new book, she's teamed up with Anne Morriss, a leader in the genomics industry. The book teaches leaders how to empower others. Great leadership takes grit, thick skin, and compassion, and "Unleashed" offers advice from top-performing organizations on how to best achieve all three.

'PERSONALITY ISN'T PERMANENT: BREAK FREE FROM SELF-LIMITING BELIEFS AND REWRITE YOUR STORY' BY BENJAMIN HARDY

Organizational psychologist Benjamin Hardy makes a fascinating argument for why your current personality isn't the one that's most important. His new book pushes readers to consider who they want their future self to be, and his



ideas aren't theoretical — they're full of proven ways to change your priorities, break habits, and use your environment to make you a better version of yourself.

'HONEST TO GREATNESS: HOW TODAY'S GREATEST LEADERS USE BRUTAL HONESTY TO ACHIEVE MASSIVE SUCCESS' BY PETER KOZODOY

The turmoil of 2020 has pushed brands to reconsider how they appeal to their customers. Many are walking away from deceitful promises and aiming for radical honesty and authenticity, instead. In his new book, Kozodoy examines how this revolution came to be and why it's working. His guide teaches leaders how they can embrace these qualities to make their businesses better.



My 2021 Travel Itinerary Here's to Learning, Relaxing, and Recharging!

For almost a year, apart from the trip to Wisconsin that I detailed in last month's newsletter, my wife, Kaye, and I have stayed home to reduce our exposure to COVID-19. I know that it was the safe thing to do, but with luck, that isolation will change in 2021!

I have big plans for this year, both personally and professionally. I hope to spend time relaxing with my family and to meet with my colleagues in the air quality industry face to face at conferences. Here's a sneak peak of my itinerary for the year.



THE MEXICAN RIVIERA, MEXICO: A COUPLE'S RETREAT

Kaye and I have a timeshare at a resort on the Gulf Coast of Mexico, and we're planning a visit in late January. We'll keep our distance from other vacationers, but we're looking forward to relaxing in the sun, enjoying the pool, and unwinding together away from home.

PUERTO VALLARTA, MEXICO: FAMILY FUN IN THE SUN

At the end of March, we'll head back to Mexico to meet one of our daughters, our son-in-law, and our grandchildren in Puerto Vallarta. It's a beautiful resort town on the Pacific coast. We'll probably still be relaxed from the January trip, but I plan to force myself to take it easy again. Between the sun and the water, I know it will be tough, but someone has to do it!

WESTFORD, MASSACHUSETTS: BUILDING SCIENCE SUMMER CAMP

This three-day conference was canceled last year due to COVID-19, but I'm hoping it goes forward this time! Every year, I anticipate meeting with my peers in person, discussing our field, and learning about the latest technology, processes, and research related to air quality concerns. Summer Camp is a great space to

"Things change incredibly quickly in the air quality industry, and I'm looking forward to staying abreast of those changes."

collaborate and discuss issues encountered across the industry while investigating buildings. I've been attending this conference regularly since 2001, and it has had a big influence on my work.

HONOLULU, HAWAII: INTERNATIONAL SOCIETY OF INDOOR AIR QUALITY AND CLIMATE CONFERENCE

The ISIAQ conference is slated for four days this year. Presenters will discuss air quality issues from the research stages all the way through application, with a special focus on COVID-19 and any future viruses that we encounter. I'm on the planning committee for this event, and we're just starting to nail down the presentation schedule. I couldn't be more excited to talk about the pandemic and how it affects indoor air quality with others in the industry. I'm anxious to be at the leading edge of that discussion! It will be extremely helpful to understand both the latest COVID-19 research and how to implement it in my

Continued on Page 2 ...

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day-to-day work to keep my clients' buildings safe. After the conference, Kaye and I plan to stay in Hawaii and meet up with two of our daughters for a 10-day family vacation.



By the beginning of September, I'll be as relaxed and knowledgeable as I can possibly be, and that will carry on to 2022! Things change incredibly quickly in the air quality industry, and I'm looking forward to staying abreast of those changes. (The technology we have today is radically different from what we had 10 years ago.)

Yes, it's possible that this itinerary won't go exactly to plan, but I'm keeping my hopes up. With the world's top scientists and researchers working hard to develop a vaccine, COVID-19 lockdowns won't last forever. Whatever this year brings, I plan to make the most of it, and I hope you do the same!

Wishing you a fun and educational 2021,

Travis West

SHOULD YOU CARE ABOUT IOT?

What the Internet of Things Has to Do With Your Building's Air Quality

So far, Apple has released 12 versions of the iPhone. This might seem like too many to you, but for die-hard Apple users, no number of releases is too high. In fact, rumors are already circulating about when the Apple iPhone 13 will land. The gadget review website Pocket-lint speculates it will hit the market on Sept. 7, 2021 — and it reported this back in October 2020!

Here at Building Air Quality, we sympathize with the Apple fans. Travis loves staying on the cutting edge of our industry and trying out the latest gadgets related to air quality testing and monitoring. In the last 10 years, IoT technology has exploded in our field — and for building and facility managers like you, that's a good thing.

WHAT IN THE WORLD IS IOT?

IoT is the techy acronym for the Internet of Things, which is nothing more or less than everything connected to the internet. Yes, that includes your computer, but as Wired magazine puts it, "It is increasingly being used to define objects that 'talk' to each other." This means everything "smart," like your phone, coffee maker, Fitbit, and even thermometer, is part of the IoT.

WHY SHOULD YOU CARE?

Because IoT devices are connected to each other, they can make basic tasks faster and easier — including reading the temperature and humidity in your building. Just as a Google Nest thermostat lets you control your home's temperature from your smartphone, the HOB0 Mx Data Logger lets Travis get live readings of a building's temperature and humidity to his smartphone via Bluetooth.

These HOB0 devices are part of the IoT. And if you're still using the clunky, cumbersome technology that requires you to retrieve a monitoring device and plug into a computer to download your data instead of taking advantage of them, then you're making your life harder.

WHERE DO YOU START?

Staying updated on the latest technology will save you time, hassle, and expense. When our team comes out to equip, investigate, or treat your building, we can help you figure out your blind spots and recommend devices. For now, though, you can get started with HOB0 products by visiting OnsetComp.com/Applications/Air-Quality-Monitoring.

HOW TO DIY LIKE A PRO

The Home Air Filter Hack You Need for Next Fire Season

Last summer, my daughter, Monica, called me in a panic from her home in Napa, California. Wildfires were raging through the state, and she was struggling with smoke entering her house. For the first three weeks, the wind had been on her side, but after that, it was funneling dirty air directly into her community.

Monica's house was full of smoke, and air filters were almost completely sold out in her area. I could only find one locally, and it would have cost \$500 after shipping. I was still determined to find a solution that would work for her without spending an arm and a leg.

While going through my files, I remembered that many years ago, a friend of mine from China had developed an inexpensive, DIY air filter to deal with the pollution in his country. It helped building occupants clear their air for a fraction of the cost of a traditional purifier. I dug up the references, sent the design to Monica, and she tried it out. The DIY filter worked! In fact, it worked so well that I thought I'd share it with you today.

The premise is simple: By attaching a high efficiency pleater air filter to a box fan, you can create a basic air purifier cheaply and easily. When I looked the idea up on YouTube, I found multiple ways to make the device. Some people, like my friend in China, just tape the filter onto the frame of the fan using duct tape (the filter should go onto the suction, not discharge, side of the fan). Others will attach clamps to the side of the fan housing and just "clip" the air filter onto the fan.



Whichever method you choose, as long as you have a quality filter with a minimum efficiency reporting value (MERV) rating of four or higher, you should be able to remove up to 97% of the pollen, dust, and smoke in your home's air. It worked for my daughter, who made three effective fan/filter sets for under \$100.

To learn more about this method, visit SmartAirFilters.com/en/about/our-story or search "DIY Air Filter" on YouTube. I wouldn't recommend using this hack to purify your building permanently, but it works fantastically for smaller areas in a pinch!

SUDOKU

HAVE A LAUGH WITH TRAVIS



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