



# PIKES PEEK

Pikes Peak Chapter of IFMA

August 2008  
Volume 5 Issue 8

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## Speakers, Happenings and Events

### Monthly Meeting:

August 20, 2008  
Time: 11:30 am – 1:00 pm  
Location: *Academy Hotel*  
8110 North Academy Blvd.  
Colorado Springs, CO 80920

Please send reservations to:  
[rsvp@ifma-pikespeak.org](mailto:rsvp@ifma-pikespeak.org)

### Board Meetings

September Board meeting will be Friday, September 5th  
**Time:** Breakfast 6:45 a.m.; Meeting 7:00 a.m. to 9:00 a.m.  
(All members are welcome to attend)  
**Location:** Embassy Suites Hotel



### Next i-Session:

September 1st, 2008 / 12:00 A.M. CDT / 90 Minutes  
**CIMS: Helping Facility Managers Increase the Odds of Cleaning Success**

### Sponsored By:



**Specialty Cleaning  
Services, Inc.**

[www.ifma-pikespeak.org](http://www.ifma-pikespeak.org)

Pikes Peek is a monthly publication of the Pike's Peak Chapter of IFMA

### Mission Statement:

To advance the professional growth of our members and develop the profession.



## President's Message

Dear Chapter Members,

Can you believe it is August already, where has the time gone? For many of us this is back to school time for our children, so we, as parents, must also prepare for the new school year. There will be many trips to the store for school supplies, sports equipment and new school cloths. But beyond the monetary investments we make every year, we spend many hours encouraging our children to do their best in school because their education is so important to their future success.

Continued education is also important for all of us as facilities professionals and services providers in our efforts to succeed in our current positions, our desire for that next promotion or to just be the best we can be. For those of you already working toward a goal (FMP, CFM, MBA, etc.), I applaud you! Keep up the good work and don't forget to reach out to others who have been there before if you find you need assistance.

For the rest of us, myself included, let's take this opportunity to find a way to fit some class, seminar, training session, into our busy schedules. Many of our companies encourage continued education in various forms, I know I am required to take 25 hours of training for Verizon each year, I think I've only gotten about 3 hours in so far (hmmm, I better get moving 😊).

Whether you take courses, webinars or training sessions, offered internally by your company, or one of the many terrific options available through IFMA, BOMA or any other industry association for your specific service area, take something and keep your skills sharp and your mind engaged.

Sincerely,  
Pam

## Professional Development



### Mission/Purpose:

The Indirect-MRO Buyers Group strives to be an educational resource and to provide its members an opportunity for networking.

Please check our activity calendar for current workshops and for information about the [11th Annual Indirect-MRO Group Conference & Workshops](#) - set for September 29-30, 2008 at the Grand Hyatt in the heart of Denver, Colorado.

Registration for the 11th Annual Conference will begin June 15.

- [Download the full brochure!](#)
- [Download the registration form!](#)
- Online Registration: <http://www.ism.ws/go?page=182>

### General Information:

The Indirect-MRO Buyers Group is for those who are involved in the buying of indirect materials and Maintenance, Repair and Operations supplies. This Group has over 1400 members and is growing! The big event of the year for our membership is the Annual Conference & Workshops.

The 11th Annual Indirect-MRO Group Conference & Workshops is set for September 29-30, 2008 at the Grand Hyatt in Denver. Check on details as they develop - and in June [download the brochure](#) at this site. You may contact us at [mrogroup@sbcglobal.net](mailto:mrogroup@sbcglobal.net).

(To follow links, place cursor over link and "control-click")



### IFMA i-Sessions

September 1st – 12:00 AM  
CST/ 90 M  
CIMS: Helping Facility  
Managers Increase the Odds  
of Cleaning Success

### Go Green Event

The Colorado Springs Business Journal presents the 2<sup>nd</sup> annual Go Green event/special section in September 2008.

The Go Green event is Thursday, September 18, 2008 at the Doubletree World Arena and the Go Green special section is published Friday, September 19, 2008.

The event will focus on going green with speakers, an expert panel discussing sustainability, client booths and networking.

The Go Green special section in the Colorado Springs Business Journal will have multiple articles all facets of sustainability and going green.

For more information contact Tom Grinewich of the Colorado Springs Business Journal at 329-5201 or [tom.grinewich@csbj.com](mailto:tom.grinewich@csbj.com)

## Membership

### Please welcome our newest members:

#### **Fredrick R. Hulme, Jr.**

Data Center Facility Supervisor  
Progressive Insurance Company  
650 Sybilla Ln  
Colorado Springs, CO 80921  
[fahulme1@progressive.com](mailto:fahulme1@progressive.com)

#### **Joe Lanucha**

Owner  
Signature Wood Services, LLC  
PO Box 92  
Divide, CO 80814  
[joe.lanucha@hotmail.com](mailto:joe.lanucha@hotmail.com)

### Special Thanks!!!

#### To those Professionals and Associates who have renewed their memberships!!!

Pam Cornella – Verizon  
Kelly Costa – T. Rowe Price  
Erin Hankla, FMP – Student  
Roger Nachtigal – Young Life  
A Clean Lot – Bob Sallee  
FBG Services – Roy Van Esselstine

### August 2008 Anniversaries

#### **4 Years**

Stephanie Gardner – Young Life

#### **5 Years**

Roy Heare – T – Mobile, USA

#### **6 Years**

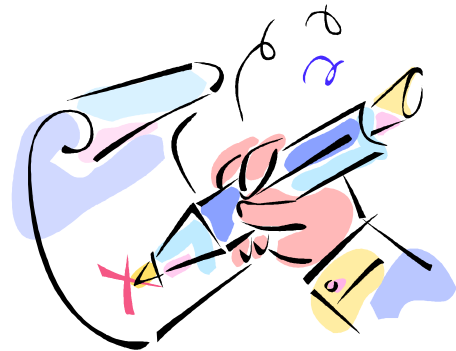
Kelli Costa – T. Rowe Price Associates

#### **7 Years**

Mike Vlaanderen – Quantum Corporation

#### **12 years**

Tom Stolting, CFM – Tom Stolting and Associates



### Pikes Peak Roster

**Our membership stands at 105 !!! 70% of the Pikes Peak members are Professionals... Great Job Everyone!!!**

**Remember our goal for this year is to reach 130 members!!!**

### Don't Forget!!!!

New Professional members receive (5) \$20.00 IFMA Bucks certificates...to be used at any local Pikes Peak Chapter event of their choice!!!  
Current Professional members who sponsor a "New Professional" into the Pikes Peak Chapter...Will themselves receive (2) - \$20.00 IFMA Bucks Certificates!!!

## Programs

### August Meeting

**Date:** Wednesday, August 20, 2008

**Time:** 11:30 AM – 1:00 PM

**Location:** Academy Hotel  
8110 North Academy Blvd.  
Colorado Springs, CO 80920

Reservation Deadline: Monday July 14,  
[rsvp@ifma-pikespeak.org](mailto:rsvp@ifma-pikespeak.org)

When leaving an RSVP for a Guest,  
Please include your Guest's name.....  
You will receive an e-mail confirmation back  
after you have RSVP'd.

**No-Shows will be billed!**

### Save the Date for These Upcoming Events!

**August 20<sup>th</sup> – LEEDS**

**September 17<sup>th</sup> – Monthly Meeting**

**September 19<sup>th</sup> – BOMA/ IREM / IFMA Golf Tournament**

**October 15<sup>th</sup> – Monthly Meeting**

**October 15 -17 - IFMA World Work Place – Dallas, TX**

**November 19<sup>th</sup> – Monthly Meeting**

**December 17<sup>th</sup> – Monthly Meeting**  
Annual Meet and Greet



### At This Month's Meeting:

#### Leadership in Energy and Environmental Design program

Presented by: Amanda Timmons

#### Presentation Topics:

- General Overview of the LEED Process
- Benefits of being LEED Certified
- Costs of LEED certification process's
- What to consider before getting started including: Prerequisites and recommendations

Amanda Timmons became one of Colorado's first LEED Accredited Professionals for existing buildings. Since that time she has taught LEED for Existing Buildings preparations courses to over 82 people with a 90% pass rate. (Nationwide pass rate is 20%) She has also made presentations for BOMA International, BOMA Denver Metro, The RMH Group, building owners, building management companies and building engineers.

Being a previous board and chapter member, Amanda is excited to be presenting to the PIKES PEAK CHAPTER OF IFMA.

For questions, comments or ideas for future programs please email or call Mura Golden 719-268-6743 or [mgolden@masterclean.com](mailto:mgolden@masterclean.com)

**Starting in September  
our monthly meetings  
will be held at the  
Embassy Suites Hotel  
7290 Commerce Center Dr.  
Colorado Springs, CO 80919**

# Sponsorship



## Specialty Cleaning Services, Inc.

**Professional • Experienced • Safety • Reliability • Quality**

Specialty Cleaning Services, Inc. provides services to supplement your existing cleaning staff within a variety of environments ranging from ongoing cleaning within a highly controlled environment to final cleaning of a newly constructed facility.

Our qualified employees have over 100 years of combined experience and are familiar with a variety of environments. Specialty Cleaning Services, Inc. can customize a cost effective cleaning program based on your facilities needs with services ranging from daily cleaning to one-time project cleans.

### Services Provided:

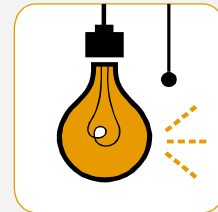
- Data Center Cleaning
- Cleanroom Cleaning
- Light Industrial Cleaning
- Acoustical Ceiling Tile Cleaning/Restoration
- Post Construction Final Clean
- Food Service Cleaning and Sanitation
- Window Cleaning

### Client Base:

- Data Processing/Telecommunications
- Medical/Electronic Device Manufacturing
- General Contractors
- Government Facilities
- Facility and Property Management
- Manufacturing and Industrial Operations
- Commercial Food Preparation Facilities

**Contact us by calling 719-473-4919**

If you are interested in sponsoring a monthly luncheon or an upcoming Chapter event, please contact Randy Zornes at 719-471-3851 or email RZornes@fbgservices.com



### Monthly Luncheon Sponsors

**August 08**  
Specialty Cleaning Services

**September 08**  
Timberline Landscaping

**October 08**  
Shaw Industries Group, Inc.

**November 08** Available

**December 08**  
Master Klean Janitorial Inc.

**January 09** Available

**February 09** Available

**March 09** Available

**April 09**  
BOMA/IREM/IFMA Luncheon

**May 09** Available

**June 09** Available

**July 09** Available

**Thank you to our prior month(s) sponsors:**

**July 08**  
Cort Furniture

**June 08**  
John Deere Landscapes

**May 08**  
GRX Electronics Recycling

# Night at the Ballgame is a HIT!!!

## FIRST EVER night at the ballgame was a HUGE SUCCESS!!!

Thank you to all who helped to make this a great and memorable event!

As you can see we had a great time!!!

Thank you to all that attended our first tailgate party and sky sox game. We had a great turnout of 70 people!! More pictures will be posted on the website. We look forward to seeing you at future social events! Your participation makes the Pikes Peak Chapter of IFMA unique!

For information or suggestions on future social events please contact Nick Kast 719-278-6496



Another IFMA Member Hard at Work



See Folks? Facility Managers Can Smile :0)



Best Friends Forever



Nothing says summer like baseball and cotton candy!



So you think you can dance....



## New IFMA Mascot?



## COFAX VII

The Colorado Facilities Awards of Excellence (COFAX) 2009 event is scheduled for May 2, 2009. All **facility owners and managers** should be thinking about submitting their facility. All **associates** should consider bringing the concept of submission to their customers. The categories are:

- *Environmental Impact/ Resource Conservation*
- *Adaptive Re-Use*
- *Technology In Use*
- *Leading Edge Elements*
- *Best Facilities Practice*
- *Great Building Solution*
- *Exceptional Existing Building*
- *Exceptional New Building*

Volunteers are needed to help with various aspects of the COFAX VII event. We will be starting the planning process soon so if you are interesting in any of the following areas please contact Paul Angotti at [pangotti@HaynesMechSys.com](mailto:pangotti@HaynesMechSys.com).

- Selecting a Venue
- Select a Menu
- Decorations
- Submissions of Facility Awards
- Trophies
- Submissions of Individual Awards
- Event Program
- Emcee Selection
- Event Advertisement
- Audio/Visual Needs
- Advertizing Materials
- Colorado Springs BOMA/IREM/AIA Interface
- Denver Organizations Interface
- Fort Collins Organizations Interface
- Western Slope Organizations Interface
- Business Journal
- Gazette
- Printed Materials



# BOMA, IREM, IFMA Golf Tournament

**September 19, 2008**  
**Walking Stick Golf Course**  
**Pueblo, Colorado**

**PROCEEDS TO BENEFIT**

"Assistance League of Colorado Springs" - Serving the needs of children in the Pikes Peak Area.

**THE TOURNAMENT**

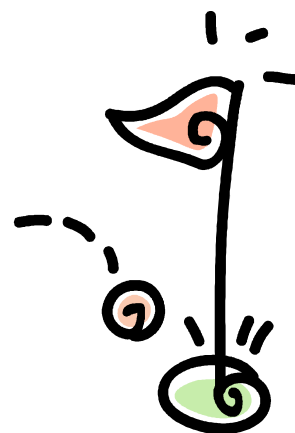
Golf Tournament is a scramble format. Cost includes 18 holes of golf, golf cart, driving range and range balls, cocktails, food, prizes, giveaways and raffle!

Date:	September 19, 2008
Registration:	12:00pm-1:15pm
Shotgun Start:	1:30pm
Cost:	\$125/ person
Location:	Walkingstick Golf Course – Pueblo, CO

**AWARDS/PRIZES**

Best Team Score for 1st, 2nd and 3rd Places • Longest Drive • Closest to the Pin  
Hole-In-One Prizes !!! Four par three holes with a chance to WIN on each hole.

**GRAND PRIZE TRIP**  
**\$1,200.00 Guaranteed Giveaway - Golf Trip**  
**Must be present to win, only one entry per golfer.**



**IT'S TIME TO REGISTER**

Mail this form with check payable to IREM:  
IREM

430 North Tejon Street

Colorado Springs, CO 80903

Attn: Linda, Phone 633-7718, Fax 632-7459

Golfers & Handicap:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**THANKS TO OUR SPONSORS**

SPONSORSHIPS ARE STILL AVAILABLE \* Call Cheryl Fitch 228-6729

## FM – News You Should Know

### Michigan's Artfully Green: GRAM Earns LEED Gold

Case study from FacilitiesNet

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Spurred by a \$20 million donation from Peter Wege, a Grand Rapids, Mich., philanthropist and environmentalist, the new 125,000-square-foot Grand Rapids Art Museum ([GRAM](#)) is the world's first LEED Gold-certified art museum. The total cost of the building, which opened October 2007, was \$75 million.

Meeting the energy requirements for LEED certification were particularly challenging because of the building's exacting standards for humidity and temperature. The team discussed several options, including an underground heat sink labyrinth system for pre-tempering outside air. Ultimately the team decided on a displacement ventilation system. In the lobby and galleries, air is discharged at low velocities from the floor so the supply air does not need to be as cool as with other HVAC systems. Most cooling occurs just above the floor.

Evaporative cooling lowers the temperature of the outdoor air to make it more effective for use as condenser air, removing the heat from the refrigerant cooling cycle and eliminating the need for a rooftop cooling tower. Energy recovery wheels preheat and precool outside air.

As energy-efficient as the system is, it also meets the art museum's stringent indoor air quality standards: relative humidity at 50 percent and temperature at 72 degrees. Carbon dioxide sensors and controls trigger the ventilation system if more outside air is needed.

Another challenge was lighting — the designers wanted as much daylight as possible, but had to limit the amount of daylight to which the artwork is exposed. The solution was a series of "lanterns" atop the three main gallery spaces and triple glazing shaded by louvers in the lobby and circulation spaces. These strategies allow the amount of light entering the museum to be controlled at all times.

Water efficiency was also a top priority. The museum uses a greywater collection system. Fifteen-foot tall, 19,000-gallon-capacity cistern tanks located in the facility's garage capture rainwater, which is used for irrigation and toilet flushing. The museum expects the greywater system to reduce demand for city-treated water by 20 percent.

GRAM received several LEED points for recycled materials, materials with low VOC emissions and materials from local sources. It also received all five Innovation in Design credits — which tipped the facility from Silver certification to Gold. One of the credits received was for a branding campaign called "eARTH friendly" that showcases how art and the Earth are related.

## The Lighter Side

### Wise Guys Boosts Productivity and Community

Humor – particularly joking around about things associated with the job – actually has a positive impact in the workplace, says Chris Robert, assistant professor of management in MU's Robert J. Trulaske, Sr. College of Business. Occasional humor among colleagues, he said, **enhances creativity, department cohesiveness and overall performance.** The conclusion was made by examining theories on humor and integrating literature from a wide variety of disciplines that touch on the subject.

### Build Rapport and Relationships

Laughter and humor have been the heart of numerous new research projects and some of the findings include:

- People who watched a 15-minute comedy video scored higher on a survey of hopefulness compared to those who didn't get the chance to guffaw.
- A report released last month from the University of Maryland Medical Center found laughter makes blood vessels function better, causing the tissue that lines the vessels to expand, increasing blood flow.
- A previous study at the same institution concluded that laughter and an active sense of humor may protect against heart attacks.
- Laughter can stimulate thought and cause you to toss out automatic behavioral responses in favor of more creative pursuits.
- When someone laughs with us, relationships grow.

"Current research on laughter in general shows it's more about communicating emotion than about humor," says Carl Marci, lead author of a paper in the October issue of the Journal of Nervous and Mental Diseases.

In the field of therapy, laughter can be contagious, especially when the therapist pays attention, and is willing to laugh with their patient, the study revealed. A laughing therapist is physically aroused, which in turn arouses the patient further. This helps build a rapport between the two.

It's just a small step to suppose that laughter between a boss and team members could follow the same rapport building, hope-inducing recipe.

But why would humor foster hope? Maybe just by inhibiting negative thoughts, said Texas A&M psychologist David H. Rosen, one of the new breed of humor researchers.

