



PIKES PEEK

Pikes Peak Chapter of IFMA

January 2009
Volume 6 Issue 1

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Speakers, Happenings and Events

Sponsored By:



**Commercial and Residential
Coatings and Coverings
Specialists**

Serving El Paso County and surrounding areas for
over 25 years

Monthly Meeting:

January 21st, 2009
Time: 11:30 am – 1:00 pm
Location: Embassy Suites Hotel
7290 Commerce Center Drive
Colorado Springs, CO 80919

Please send reservations to:
rsvp@ifma-pikespeak.org

At this month's Luncheon

SHARON BREAY
Breay Design Associates

What are the hidden costs of poor workspace design? Learn 3 positions and 1 attitude adjustment that greatly decrease ergonomic injuries—one of the greatest hindrances to office productivity today. Presenter Sharon Breay, Principal of Breay Design, is a licensed, awarded space specialist.

Board Meeting

February Board meeting will be Friday, February 6th
Time: Breakfast 6:45 a.m.; Meeting 7:00 a.m. to 9:00 a.m.
Location: The Egg & I - 7816 N. Academy Blvd.
(All members are welcome to attend)

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,

Happy New Year! 2009 is finally here and the Pikes Peak Chapter of IFMA celebrated with our annual holiday party on January 9th. The event was well attended and as far as I could tell, everyone had a great time. The white elephant gift exchange was again, a huge success. The exchange got off to a slow start, but once the golden shovel, stuffed dog and Dark Knight DVD were opened, the game was on. Other hot items were a watch box, marshmallow shooter and bottle of red wine. A special thank you goes out to Nick Kast and his committee (Mura Golden, Mike Mooney, Pam Wilson and Sue Bell) for all their hard work putting this event together.

It is the time of year again to really start thinking about submissions for COFAX VII. For those of you new to the Chapter, COFAX (Colorado Facility Awards of Excellence) is our premier event recognizing exceptional buildings and facility professions in Colorado. Information will be coming out soon to remind everyone of the categories for submission as well as sponsorship opportunities. Don't forget, if you have made a submission in the past and not received an award, please submit your project again. We hope to make COFAX VII the best event yet.

Sincerely,
Pam

Professional Development

Some interesting selections of training and education opportunities from other organizations. The following are just a sample of those listed at: www.fmlink.com

Sponsor: AdvanceOnline

Course: Occupational Safety and Health; Construction Safety; Environmental Compliance

To access: www.advanceonline.com

AdvanceOnline offers web-based environmental health and safety, human resources, construction, transportation and custom training courses to help companies comply with OSHA, EPA, and DOT regulations. Course categories include:

- Occupational Safety and Health
- Transportation Safety
- Construction Safety
- Environmental Compliance
- Human Resources

Sponsor: International Code Council

Courses: OSHA Compliance

To access: <http://www.iccsafe.org/training/campus/>

Online Courses are available in the following areas:

- Regulatory and Compliance
- Personal Development
- Community Safety
- Management Skills
- Accounting and Finance
- Office Skills
- Desktop Application

In addition, The International Code Council offers the following online OSHA courses:

- OSHA—Fire Prevention
- OSHA—Flammable and Combustible Liquids
- OSHA—Hazard Communication

Sponsor: New Standard Institute

Course: Maintenance Planning and Scheduling Seminar

To access: www.newstandardinstitute.com

This widely acclaimed seminar provides instruction and workshops intended to develop and improve a maintenance effort. New Standard's practical approach and exciting presentation has made this session popular with Maintenance Planner/Schedulers, Supervisors, and Maintenance Managers.



IFMA i-Sessions

No i-sessions are currently Scheduled for January
Please go to:
<http://www.ifma.org/learning/isessions/index.cfm>
for more information about upcoming i-sessions

Local study group is now being organized for review sessions in advance of CFM exam. Buy book now for approx. \$45.00. Begin with book now, and review to be scheduled in early February. Contact Pepe Alicia at: 719-487-6220 or palicea@us.ci.org for more details.

Membership

Welcome to the Pikes Peak Chapter of IFMA!

We would like to welcome the following new members:

Patrick Casey

Business Developer
ValleyCrest Landscape Maintenance
7310 Space Village Ave
Colorado Springs, CO 80929

Special Thanks!!!

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

- Clint Christianson - COPT
- Sue Bell - CORT
- Robert Pareso – California Casualty Management Co.
- Cynthia Senger – Senger Design Group
- Nick Kast – Jones Lang LaSalle/T. Rowe Price
- Ryan Davis - Shaw Industries Group
- Greg Swaney - Synthes
- Randy Stuart - Wells and West General Contractors

January 2009 Anniversaries

1 Year

Sue Bell - CORT
Carol Nelson – Compassion International
Carl Selover – Barklays Bank

2 Years

Alan Goins – Colorado Springs Utilities
Nick Kast – Jones Lang LaSalle

5 Years

Mura Golden - Master Klean Janitorial Inc

8 Years

Ryan Davis - Shaw Industries Inc.

10 Years

Jim Roll - American Mechanical Services

Congratulations!

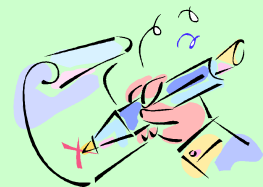
Paul Angotti of Haynes Mechanical Systems is a LEED Accredited Professional.

Pikes Peak Roster

Current membership is 101. Membership is 65% Professional and 35% Associate. 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 **and Associate** members who sponsor a "New Professional" into the Pikes Peak Chapter...Will themselves receive (2) - \$20.00 IFMA Bucks



Programs

January Meeting

Date: Wednesday, January 21st, 2009

Time: 11:30 AM – 1:00 PM

Location: Embassy Suites Hotel
7290 Commerce Center Drive
Colorado Springs, CO 80919

Reservation due Friday January 16th, at NOON

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!

January 21st – Monthly Meeting
Ergonomics

February 18th – Monthly Meeting
The Floor Care Company

April 15th – Monthly Meeting
BOMA/IREM/IFMA Luncheon

Remember!

Our monthly meetings will be
held at the
Embassy Suites Hotel
7290 Commerce Center Dr.
Colorado Springs, CO 80919



At This Month's Meeting:

SHARON BREAY Breay Design Associates

What are the hidden costs of poor workspace design? How can you measure increased productivity? Sharon Breay, Principal of Breay Design, is a licensed, awarded space specialist. Sharon is going to touch on these topics, and teach us how 3 positions and 1 attitude adjustment can greatly decrease ergonomic injuries—one of the greatest hindrances to office productivity today. You'll go back to the office prepared to put these tips into effect immediately.

For questions, comments or ideas for future programs please email or call
Mura Golden 719-268-6743 or
mgolden@masterclean.com

A Special Thanks!

Pikes Peak IFMA has received a Projector to be used for monthly Luncheons and other functions to enhance our programs and add a new dimension of media for our members. The donated projector is credited to Nick Kast and Rachel Ofis of Jones Lang LaSalle and T. Rowe Price and compliments of General Projection Services

Sponsorship



TECC Painting has a full-time team eager to provide the superior painting and coatings services our customers have come to expect. Our staff is equipped with the knowledge and talent to manage the needs of both residential and commercial clients.

For our *facility managers*, TECC Painting can keep your business looking fresh year-round with our 24-hour facilities maintenance program. We provide quick, professional service and cost-effective pricing to stay within your budget requirements. Annual maintenance contracts are available depending on your needs. Call us for a free consultation and estimate on our TeccXpress Maintenance Program.

Our Commitment To You

- To provide quality craftsmanship
- To use high quality materials
- To provide written estimates
- To maintain a professional and positive attitude
- To provide excellence in all that we do.

Please contact us for all of your painting needs...
(719)577-9300 -- (719)577-4222 (fax) -- info@teccpainting.com

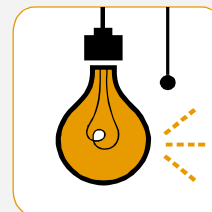
Luncheon Sponsor Benefits

- Flyer logo and contact info
- Promotional piece in chapter newsletter during month of sponsorship
- Sponsor speaks to members / luncheon attendees for up to 5-minutes
- Sponsor may set up displays and/or distribute materials
- Free lunch with sponsorship
- Website Posting

Cost \$200.00
www.ifma-pikespeak.org

Thank you to all our sponsors who help us advance the facility management profession!

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

- January 09
TECC Painting
- February 09
The Floor Care Company
- March 09
Brickman
- April 09
BOMA/IREM/IFMA Luncheon
- May 09
COFAX VII
- June 09
Guaranteed Recycling Xpert
- July 09
Haynes Mechanical Systems
- August
Available

Thank you to our prior month(s) sponsors:

- December 08
Master Klean Janitorial, Inc.
- November 08
Signature Wood Services
- October 08
Shaw Industries Group
- September 08
Timberline Landscaping

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.

- 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/IEM/AIA Interface
- Denver Organizations Interface
- Fort Collins Organizations Interface
- Western Slope Organizations Interface
- Business Journal
- Gazette
- Printed Materials

Location
Location
Location
2009 COFAX will be held at:
The
Marriott
May 2nd, 2009

Go to
<http://www.ifmapikespeak.org/cofax/index.html>
 for information on Categories and how to submit.

COFAX Sponsors will be listed in the newsletter from January through December, starting as soon as sponsorship payment is received by IFMA. So....., the sooner you sign up to be a COFAX sponsor, the more exposure your organization receives.

Holiday Party

Friday night's IFMA holiday party was a successful event full of fun filled games, delicious foods, and great door prizes. Special thanks go out to MasterKlean, Weather Craft, Tecc Painting, FBG and Valley Crest for sponsoring this event.

The evening started off with some delicious hors D'oeuvres - Pepper Parmesan Straws, Belgian Endive with Chevre and Ajvar, provided by Garden of the Gods Gourmet. Once everyone had the opportunity to wake up their taste buds we kicked off the night with Bingo and our bingo winner, Kara Plender, walked away with 2 free tickets to the Full Monty provided by The Fine Arts Center. The dinner for the evening was Chicken Cipollini, Beef Medallions with Mushroom Madeira Sauce, Yukon Gold Potatoes Roasted with Rosemary and Garlic Medley of Seasonal Vegetables followed by a Sweet Platter-Lemon Crescents, Pecan Bars, Apricot Bars and Ganache topped Brownies. After dinner the gift exchange filled up the rest of the evening with lots of laughs. Kevin Hunt ended up with the famous "golden ground breaking" shovel. There were other great gifts as well. Let's not forget about the great big stuffed dog that went home with Mura Golden. Once the gift exchange came to an end we finished up the night with raffling off a few door prizes.

Special thanks go out to The Cornella Family who provided the free stay at the Ores and Mine Bed and Breakfast which was won by Jerry Ludke. Roger Lage won the Embassy Suites free night stay, and Casey Owen won the \$100.00 visa card provided by CORT.

I would like to thank everyone who made this event a successful and fun filled evening and hope the next event is even better!

Nick Kast
Property Manager
Jones Lang LaSalle Americas, Inc.
T. Rowe Price Facilities Management"



FM – News You Should Know

The Wireless Facility... Inside And Out

Unfettered communication technologies can offer more.

By Tom Condon, RPA, FMA

Wireless Local Area Networks (WLANs) have been a part of facilities management for years now, and the technology is installed in many buildings. But wireless technology is moving very fast, and there are plenty of changes afoot in these systems located both inside and outside a facility.

First, facility managers should consider how interior wireless systems are evolving. The latest generation of wireless that has been ratified by the Institute of Electrical and Electronics Engineers (IEEE) and deployed is the 802.11g communications protocol. This provides theoretical speeds of 54 Megabits per second (Mbit/sec) and provides better security than previous versions, such as 802.11b.

However, the reality of 802.11g is that the actual throughput (or capacity) is close to half of the theoretical speeds due to design limitations. While it is sufficient for typical administrative work or for surfing the Internet on regular sites, 802.11g has a difficult time handling high bandwidth applications like streaming video.

The answer lies in the next protocol—802.11n, which has been in the works for several years and is expected to be ratified late next year. This new standard brings greater speeds and better range than 802.11g technology. While 802.11g products provide speeds of about 24Mbit/sec, 802.11n is handling real world speeds of 100Mbit/sec to 140Mbit/sec. And the range of 802.11n is more than twice that of 802.11g equipment.

Many vendors are expected to begin selling 802.11n systems later this year. That means we should all go out and buy 802.11n equipment, right? Not quite yet. Until the standard is officially ratified, there is no guarantee the final standard will actually work on 802.11n equipment purchased now. While many manufacturers will state they expect their products to work on 802.11n, there is no way to know if changes will be made to the standard before full ratification. So, facility managers should be forewarned that there is a small chance that what works today may not work after ratification.

There are also big changes occurring in the wireless arena that affect the outside of facilities, such as with campus area Wi-Fi networks. (Note: Often used interchangeably with WLAN, Wi-Fi is a wireless technology brand owned by the Wi-Fi Alliance that refers to WLAN products.) Many facilities with large grounds, such as office campuses, educational institutions, and airports have a difficult time with outdoor wireless systems. Conventional WLAN antenna units are not well suited for the task, because they have low power outputs designed for indoor use and lack weatherproofing.

A new generation of outdoor WLAN antenna systems has arisen to tackle these challenges. Designed specifically for outdoor use, these systems feature weather proofed, sealed units with a higher power output; in some cases, it can be hundreds of times the power of an indoor unit. This means much greater range, sometimes close to a mile when there is a clear line of sight.

For more information from this article, go to: www.todaysfacilitymanager.com/tfm_07_09_factech.php

Condon, a Facility Technologist and former facility manager, is a contributing author for BOMI Institute's revised Technologies in Facility Management textbook. He works for System Development Integration, a Chicago, IL-based firm committed to improving the performance, quality, and reliability of client business through technology.

The Lighter Side

The Wisdom of Larry the cable guy.....



1. A day without sunshine is like night.
2. On the other hand, you have different fingers.
3. 42.7 percent of all statistics are made up on the spot.
4. 99 percent of lawyers give the rest a bad name.
5. Remember, half the people you know are below average.
6. He who laughs last thinks slowest.
7. Depression is merely anger without enthusiasm.
8. The early bird may get the worm, but the second mouse gets the cheese in the trap.
9. Support bacteria. They're the only culture some people have.
10. A clear conscience is usually the sign of a bad memory.
11. Change is inevitable, except from vending machines.
12. If you think nobody cares, try missing a couple of payments.
13. OK, so what's the speed of dark?
14. When everything is coming your way, you're in the wrong lane.
15. Hard work pays off in the future. Laziness pays off now.
16. How much deeper would the ocean be without sponges?
17. Eagles may soar, but weasels don't get sucked into jet engines.
20. What happens if you get scared half to death, twice?
21. Why do psychics have to ask you your name?
22. Inside every older person is a younger person wondering, 'What the heck happened?'
23. Just remember -- if the world didn't suck, we would all fall off.
24. Light travels faster than sound. That's why some people appear bright until you hear them speak.
25. Life isn't like a box of chocolates. It's more like a jar of jalapenos. What you do today, might burn your butt tomorrow.





Colorado Facility Awards of Excellence

The Pikes Peak Chapter of IFMA - Small Chapter of the Year 1999 & 2005

Is proud to present the 7th Annual Colorado Facility Awards of Excellence. COFAX, an awards program designed to recognize outstanding buildings and achievements of facility professionals throughout Colorado.

ELIGIBILITY

All Colorado commercial projects, structures or facilities are eligible, in the following categories:

- **Environmental Impact/Resource Conservation** - Utilizing energy or other resource saving measures
- **Adaptive Re-Use** - Modifying and/or restoring an existing facility or structure for: re-use, different use, or a new purpose
- **Technology In Use** - Utilizing and integrating technologies in building: systems, operations and/or facility management
- **Leading Edge Elements** - Leading the profession with innovative concepts, designs or components in the built environment
- **Best Facilities Practice** - Effective staffing, space planning, economic controls, communications, or other facility related practice
- **Great Building Solution** - Implementing an effective solution to a facility problem such as mechanical, electrical, life safety or other discipline
- **Exceptional Existing Building** - C.O. issued before Jan. 2006
- **Exceptional New Building** - C.O. issued after Jan. 2006

TO ENTER

Entry forms and application packages will be available on the Pikes Peak IFMA Chapter web site at: www.ifma-pikespeak.org. Each entry requires a fee of \$25. No limit to the number of entries submitted. **ENTRIES DUE MARCH 20, 2009.**

JUDGING

The Awards Committee will select a jury of unbiased professionals. Every effort will be made to maximize objectivity; therefore all application packages will conceal corporate identities. Each entry will be assigned a number and will remain anonymous until the Awards Ceremony. Note: The judges may reclassify an application.

COFAX CEREMONY

The COFAX Awards Banquet will be held on the evening of May 2nd. Please go to the Pikes Peak IFMA Chapter website for registration. Awards from throughout the state will be presented for outstanding buildings and achievements in the facility management profession. Awards will also be presented to professionals within the Pikes Peak Chapter of IFMA for:

- Facility Professional of the Year
- Associate of the Year
- Lifetime Achievement
- Facility Practitioner of the Year

The Pikes Peak Chapter appreciates your support. Visit our website at www.ifma-pikespeak.org for your sponsorship opportunity.

Categories

- Environmental Impact / Resource Conservation - Property utilizes energy and/or resource savings measures
- Adaptive Re-Use - A historical restoration or utilizing new and old construction
- Technology In Use - Being the leader in utilizing or coordinating technology
- Leading Edge Elements - Demonstrating a "beyond the box" concept or design
- Best Facilities Practice - Effective staffing, space plan, economic control or communications
- Great Building Solution - In one area: electrical, roofing, mechanical, landscaping or other application
- Exceptional Existing Building, C.O. issued prior to 1/2006
- Exceptional New Building, C.O. issued after 1/2006

*C.O. = Certificate of Occupancy. All fees are non-refundable. See our website for details www.ifma-pikespeak.org



Questions:
Contact Paul Angotti at (719) 432-8633
pangotti@HaynesMechSys.com

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www.thinksandia.com



Colorado Facility Awards of Excellence

The Pikes Peak Chapter of IFMA - Small Chapter of the Year 1999 & 2005

Is proud to present the 7th Annual Colorado Facility Awards of Excellence. COFAX, an awards program designed to recognize outstanding buildings and achievements of facility professionals throughout Colorado.

This year's ceremony again includes the prestigious IFMA Associate Member of the Year Award. Professional Members will be nominating their vendors, contractors and suppliers for this distinct honor. The winner could be YOU !!

This event has grown exponentially in attendance, prestige and sophistication each year and offers vendors unparalleled marketing exposure to the most talented and influential Facility Professionals in the Pikes Peak Region.

THIS IS YOUR INVITATION TO RESERVE A COVETED COFAX SPONSORSHIP OPPORTUNITY.

Please help us honor these outstanding facilities and their managers by choosing a sponsorship level and responding as soon as possible to Randy Zornes at rzornes@fbgservices.com or (719) 471-3851 and please plan on joining us on May 2, 2009!

Sponsorship payment may be made via check or web/credit card. Sponsor commitments may be made in installments if preferred through May 2009.

SPONSORSHIP INFORMATION



PLATINUM - \$2,500

- Company provided Co-Share Tee Box Sponsorship with Pikes Peak Chapter of IFMA at annual BOMA/IFMA/IFMA Golf Tournament (\$300 value)
- Company logo frequently displayed during event
- Company name announced prior to award winner
- Press Releases to indicate "Platinum Sponsor"
- Company name & logo displayed on all printed material before & during event
- Company name & logo displayed on Chapter website home page in May, June, July, and all year on COFAX sponsorship page.
- Company name & logo displayed on table tents at BOMA/IFMA/IFMA joint meeting
- Company name & logo listed in May & June Chapter Newsletters
- Premier exposure in IFMA communications for 1 year
- 12 IFMA Bucks for use at Pikes Peak Chapter events (\$240 value)
- Certificate of Appreciation
- 1 paid IFMA Membership renewal (\$271 value)
- 4 complimentary banquet tickets (\$200 value)
- Sponsorship of 1 Monthly luncheon (\$200 value)



GOLD - \$1,000

- Company logo frequently displayed during event
- Company name announced prior to award winner
- Company name & logo displayed on all printed material before & during event
- Company name & logo displayed on Chapter website in home page in May, June, July, and all year on COFAX sponsorship page.
- Company name & logo displayed on table tents at BOMA/IFMA/IFMA joint meeting
- Company name & logo listed in May & June Chapter Newsletters
- Certificate of Appreciation
- 1 paid IFMA Membership or renewal (\$271 value)
- 2 complimentary banquet tickets (\$100 value)
- 6 IFMA Bucks for use at Pikes Peak Chapter events (\$120 value)



SILVER - \$750

- Company logo periodically displayed during event
- Company name & logo displayed on all printed material before & during event
- Company name & logo displayed on Chapter website home page in May, June, and all year on COFAX sponsorship page.
- Company name & logo displayed on table tents at BOMA/IFMA/IFMA joint meeting
- Company name & logo listed in May & June Chapter Newsletters
- 2 complimentary banquet tickets (\$100 value)
- 5 IFMA Bucks for use at Pikes Peak Chapter events (\$100 value)



BRONZE - \$500

- Company logo periodically displayed during event
- Company name listed on program and table tents right of event
- Company name & logo displayed on Chapter website home page in June and all year on COFAX sponsorship page.
- Company name & logo displayed on table tents at BOMA/IFMA/IFMA joint meeting
- Company name & logo listed in May & June Chapter Newsletters
- 1 complimentary banquet ticket (\$50 value)
- 4 IFMA Bucks for use at Pikes Peak Chapter events (\$80 value)



The Pikes Peak Chapter appreciates your support. Visit our website at www.ifma-pikespeak.org for your sponsorship opportunity.



Questions:
Randy Zornes at (719) 471-3851
rzornes@fbgservices.com

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www.thinksandia.com