



May 2017 Issue

## THE PRESIDENT'S MESSAGE...



I hope you had a wonderful Easter and are all squared away with the IRS - without too much pain! Work is underway by your Board and Committee Leadership to plan our next IFMA Chapter fiscal year which starts on July 1<sup>st</sup>. This is a very important time for our chapter as we elect our 2017-2018 Board Members. Together we will assess the past year with an eye towards what will make next year even better. We hope to build upon the things that are working well and adjust those programs or events that did not meet expectations. In short, we are striving to be the best stewards possible with our resources and member talents. We need your feedback and your ideas! Please feel free to reach out to me or our Board members anytime!

Can it really be May?

We are just about 121 days or 17 weeks into 2017. That leaves us with 245 days or about 35 weeks until 2017 is just another year gone by! The bad news is time flies. The good news is you're the pilot. But we often forget we should be in control of our time - and when we do we can increase our productivity and reduce the amount of stress at both home and at work. Here are a few tips from an article I read on increasing your productivity. Perhaps these tips can help you to have more control over your time.

*Find Out Where Your Time Goes.* Track your time for one week. Analyze the results.

*Plan.* At the end of each week, take 15 or 20 minutes to plan the week ahead. Write down key projects and tasks you want to accomplish.

*Prioritize.* Prioritize your list from most important to least important activities and projects. Schedule uninterrupted time to accomplish the most important items on your list. Unless necessary don't allow others to schedule meetings

(Continued on Pg.9)

## MEETINGS

### May 2017 Membership Meeting

**Date:** Tuesday, May 9, 2017

**Time:** 5:30 pm

**Place:** Richmond SPCA

**Program:** Tour

**Cost:** Members \$15 Member w/cert. \$10

Non-Members \$35

**RSVP:** By Thursday May 4, 2017

\*\*\*\*\*

### Next Board Meeting:

**Date:** Tuesday, June 6, 2017

**Time:** 4:30 p.m.

**Place:** Magellan Health, 11013 W Broad  
5th Floor

\*\*\*\*\*

### Next Membership Meeting:

**Date:** Tuesday, June 13, 2017

**Time:** 5:30 p.m.

Visit our Local Chapter Web Site

[www.ifmarichmond.org](http://www.ifmarichmond.org)

## 2016/17 OFFICERS

### **President**

Kathy Taylor  
[ktaylor@servproctn.com](mailto:ktaylor@servproctn.com)  
378-2323

### **Vice President**

Jeff Sechrest  
[jsechrest@luckcompanies.com](mailto:jsechrest@luckcompanies.com)  
380-8999

### **Secretary**

Steve Pancham  
[spancham@mbpce.com](mailto:spancham@mbpce.com)  
330-4875

### **Treasurer**

Justin White  
[justinwhite@bonitz.com](mailto:justinwhite@bonitz.com)  
339-2232

### **Immediate Past President**

Harvey Jones, FMP  
[harvey.g.jones@dom.com](mailto:harvey.g.jones@dom.com)  
273-3076

## CHAPTER ADMINISTRATOR

Barbe Shaffer, CDT, SDA/C  
[ifmarichmondva@gmail.com](mailto:ifmarichmondva@gmail.com)  
651-6885

## COMMITTEE CHAIRS

### **Membership**

Cameron Bridges, FMP  
[bridgesca@cox.net](mailto:bridgesca@cox.net)

Steve Dahowski  
[stephen.dahowski@colemanallied.com](mailto:stephen.dahowski@colemanallied.com)

### **Programs**

Allen Hurt  
[randall.hurt@comfortsystemsusa.com](mailto:randall.hurt@comfortsystemsusa.com)

### **Sponsorship**

Brian Workman  
[BWorkman@MOII.com](mailto:BWorkman@MOII.com)

### **Public Relations**

Lloyd J. (Bud) Vye, R-CFM  
[bdvye@comcast.net](mailto:bdvye@comcast.net)

### **Website & Social Media**

Andrew Cheatham  
[acheatham@ecslimited.com](mailto:acheatham@ecslimited.com)

### **Newsletter**

G. R. (Ranny) Robertson, R-CFM  
[grjr41@gmail.com](mailto:grjr41@gmail.com)

### **Professional Development**

Maureen Roskoski, SFP  
[maureen.roskoski@feapc.com](mailto:maureen.roskoski@feapc.com)

### **Hospitality**

Andrea Niedhammer  
[acniedhammer@magellanhealth.com](mailto:acniedhammer@magellanhealth.com)

### **Golf Tournament**

Tim Hume, CFM  
[timh@hermitagecountryclub.com](mailto:timh@hermitagecountryclub.com)

### **IFMA RICHMOND CHAPTER NEWS**

Is a publication of the Richmond Chapter of the International Facilities Management Association. This newsletter is designed to provide a channel of communication to members and prospective members.

IFMA, PO BOX 808, RICHMOND, VA 23218



## **AROUND THE CHAPTER**

*by Bud Vye, Retired CFM*

Had learned at our meeting at RIR that Brittney Antozzi, their Event Coordinator, was engaged to Chapter Member Paul Lamborn of Tech Painting. Confirming that with Paul at our meeting at Luck Stone, I conveyed my best wishes to him during our social period.

On the topic of engagements, noting that Chapter Treasurer Justin White's must be getting close to the May Wedding date, I asked him about it. Turns out that their brand new wedding venue out in Sedona, Arizona has had some problems getting completed, so they have fallen back to Plan B, so that the ceremony will be held in the home of the bride's uncle, which is out in that area.

Solar Film's John Chewing was introducing his successor, Jerry Howard, around at the April meeting. Noting that he was wrapping up 15 good years with the firm (and with the Chapter) and giving the Chapter and the members he has met in it his strong endorsement. It's been good having you with us, John, and hope you will see fit to continue to be with us at some meetings in the future.

Spotted some sad news in the Times Dispatch as long time ago member Daly Carr Keaton's ex-husband, Jim, died in a single car accident on Blunt's Bridge Rd. near his home, about 5 miles northwest of Ashland. Couldn't help but wonder how he managed to run off the road in broad daylight on a section he must have driven thousands of times in the past. Just another reminder of how unforgiving Distracted Driving (if that's what it was) can be. Don't let it happen to you, as you are multi-tasking behind the wheel!

Had an invitation recently to visit the Insurance Institute for Highway Safety (IIHS.org) to witness a crash test and hear an update on highway safety. Looks like something out of Disney World as you approach it (north of Gordonsville, between Rts. 15 & 29) and the work they do is also very impressive. Don't miss it if you ever get an opportunity to pay the place a visit! That's a long introduction to my point, which is ---- they are making the new cars much safer for their occupants these days, but traffic fatalities are still trending upward, due primarily to speed limits being raised and to drivers increasingly finding other things to do while driving. All of us should be forewarned to set down our phones and pay full attention to the task at hand while driving, as the life we save may be ours, as well as someone else's.

The 2016 GRACRE awards just announced and our September (Deco at CNB) and November (Stone Brewing) meeting sites take the Project of the Year & Best Industrial awards respectively. Other category awards of note were Queally Center at U of R (Best Institutional); Gather in Scott's Addition (Best Adaptive Reuse); Shagbark restaurant in Libbie Mill (Best Retail); Black History Museum & Cultural Arts Center (Best

*(Continued on page 3)*

*(Continued from page 2)*

Community Revitalization Project); Avepoint (Best Urban Office Project); and Keiter (Best Suburban Office Project), with the WestRock building's lease of its top floors to CoStar being selected as Transaction of the year. Congratulations to all the principals involved in the winning projects, including Hourigan, who was the GC on the Queally Center as well as the Stone Brewing projects!

Speaking of whom, Hourigan's newly formed development group is purchasing the Media General building just down the street from their offices, where we met in January of last year, as the space became available when Nexstar acquired Media General and is moving their offices to Irving, Texas.

And the Jefferson Hotel, where we haven't met since May of 2000 after they had finished an earlier renovation program, wraps up their current renovation project which has been underway since 2013. Maybe we ought to think about going back again, as they have reduced their number of rooms from 262 to 181, adding about 500 sq. ft. and some new features to each, and spruced up their common areas, including the rotunda ceiling, with a new color scheme, carpeting, and lighting.

CarMax keeps rolling, with their store count now up to 173, the latest of which are in Mobile, Alabama, and California.

Some controversy involving the City Planning Commission, as they ask the Monroe Park Conservancy to give further thought to the location of the gazebo and event space which were proposed right across the street from the entrance to the Altria Theater. While up at the Westwood Tract on the North Side, the strongly opposing neighbors continue to be unhappy as building permits are issued and the Seminary's developer prepares to commence construction on the 301 unit apartment complex. Seems like a bit late for the neighbors to be filing a zoning appeal, as the current zoning has been in effect since 1953.

While up in Henrico, things go much more smoothly as the Supervisors approve a rezoning of 4 acres at Innslake Drive & Dominion Blvd. for a mixed use development that would include two five story apartment buildings totaling 350 units, with a three story parking deck, which will be Innsbrook's (and the county's) first such urban mixed use designation.

Back downtown, DEQ is downsizing from the 125,000 sq.ft., 12 story building at 629 E. Main up the hill a bit as they are moving their 332 employees into four floors totaling 82,000 sq. ft. in the Bank of America building at 1111 E. Main. Agency management claims the new set up will be more efficient when they are all moved in by January.

And, after beating them up over their much publicized hacking incidents, Verizon is finally acquiring Yahoo and merging them into their previously acquired AOL unit, with the newly created unit being called Oath, which is scheduled to be functioning by summer. After years of using Yahoo Finance to get my stock market information, it will take me a while to get used to calling it Oath. Wonder what they were doing in the Focus Group that thought that name up?

*(Continued on page 6)*

# APRIL MEETING REPORT

by Bud Vye, Retired CFM

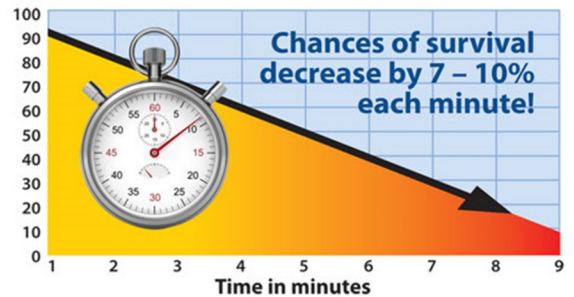
A gorgeous afternoon on the 11<sup>th</sup>, but it was Spring Break Week for those who had school agers, so a very light turnout of 23 made the trip to Luck Stone. Several first timers to the facility were struck by the beauty of the building and its Spring time surroundings and were treated to a quick tour by Chapter VP (and our host for the evening) Jeff Sechrest. Their usual nice job with the refreshments by Groovin' Gourmets made for a very pleasant social period which went by all too quickly.



With President Kathy Taylor out of town on business, VP Jeff directed the attendees to assemble and convened the meeting, welcoming us all to his place and turning things over to Programs Chair Allen Hurt. Allen recognized the guests and first time attendees, who included Jared Hammack of Colonial Webb, Jeffry Hume of Himmelhume Architecture, Grady Sibold of Waco, Inc., and Jerry Howard who is taking over from John Chewing at Solar Film.

Allen then announced the upcoming meetings, which include a return visit to the SPCA on May 9<sup>th</sup> where we haven't been since January of '03, shortly after they opened in the Hermitage Rd. location, and our annual June visit to the Diamond on the 13<sup>th</sup>, where we will see the Squirrels play New Hampshire, the Toronto Blue Jays farm team. He then introduced Reid Doughty, of CPR Zone, our speaker for the evening. A veteran EMS responder who also has logged several tours in the combat zones as a civilian contractor to our military, Reid conducts this type of training for a number of companies and groups.

He began by stressing the urgency of prompt action, as his slide noted that "Life is Finite, Death is Eternal; Between the two we have about 10 minutes",

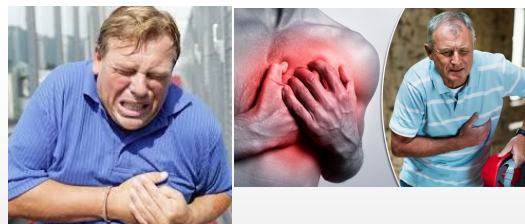


and then covering the 4 basic rules of the First Responder

-----

- BE SAFE**
- FIND THE PROBLEM**
- CALL 911 FOR HELP**
- PROVIDE CARE**

He then discussed the symptoms of a heart attack.



**Pain areas:** in the area between shoulder blades, arm, chest, jaw, left arm, or upper abdomen

**Whole body:** dizziness, fatigue, lightheadedness, clammy skin, cold sweat, or sweating

**Gastro:** heartburn, indigestion, nausea, or vomiting

**Neck:** discomfort or tightness

**Arm:** discomfort or tightness

**Chest:** discomfort or tightness, feeling of heaviness on chest

**Also common:** anxiety, feeling of impending doom, sensation of an abnormal heartbeat, shortness of breath, or shoulder discomfort

- Heart Attack
- Acute Coronary Syndrome
- Myocardial Infarction
- Coronary Occlusion
- Coronary Thrombosis

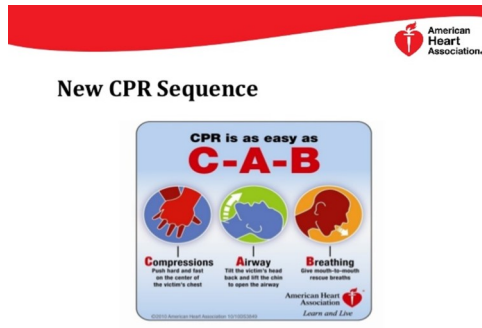
**Same thing  
different name**

This is an ungodly amount of text.  
And the only slide that I did that on.  
Apologies

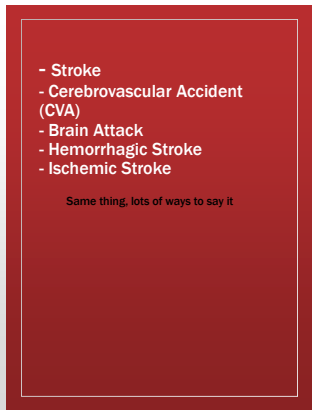
(Continued on page 5)

(Continued from page 4)

And then displayed, and discussed, several types of Automatic External Defibrillators (AED's), and how to use them in cases where Sudden Cardiac Arrest is suspected, since they can be a life saver if that is the problem. Since many of us have one, or several, of these in our work place, he suggested that it might be wise to refresh ourselves periodically as to where they are located and how they work.



Next he turned to **CPR (cardiopulmonary resuscitation)** which is the more commonly used technique for the wider range of heart problems using Maureen Roskoski to demonstrate how it is done on a dummy. Major points he made during this segment were "Press Hard" & "Keep Going until the EMS responders arrive to take over" (Don't assume that it is too late, as many victims have come back after a seemingly long time of being unresponsive).



Not the same problem, but one that should be treated with the same amount of urgency since time is really of the essence here if one is suspected to have had a **Stroke** with a slide devoted to how to recognize the most common symptoms.

Then Reid turned to how to perform the **Heimlich Maneuver**, in the event you are in a situation where someone is choking on their food (which one of his slides indicated was the 4<sup>th</sup> leading cause of unintentional death, claiming more than 5,000 victims in this country in 2015). He had several of us practice on a training device that several of us strapped on and practiced with, where the cork popped out (representing the food that was doing the choking) when the maneuver was done properly.



Lastly, he talked about severe allergic reactions (with the unpronounceable technical name of **Anaphalactic Shock**) which one of our group had a child that was subject to, so had had experience with. Reid showed us what an EpiPen looked like and how to use it should the occasion arise and one be available.

(Continued on page 7)



# Annual Golf Tournament

## PENCIL US IN

It's time to renew our Chapter Commitment to Serving our Community.

Tim Hume is contacting all 2016 Sponsors to determine the number of Sponsors coming back in 2017 to support our Richmond Chapter 24<sup>th</sup> Annual Charity Golf Tournament. Please respond to Tim so we can determine the level of participation for this 2017 year. Last year we broke another record for raising money for Hanover Habitat for Humanity and FeedMore with a sold out tournament in October.

**This year's Tournament will be on Monday, September 18, 2017.**

---

*(Continued from page 3)*

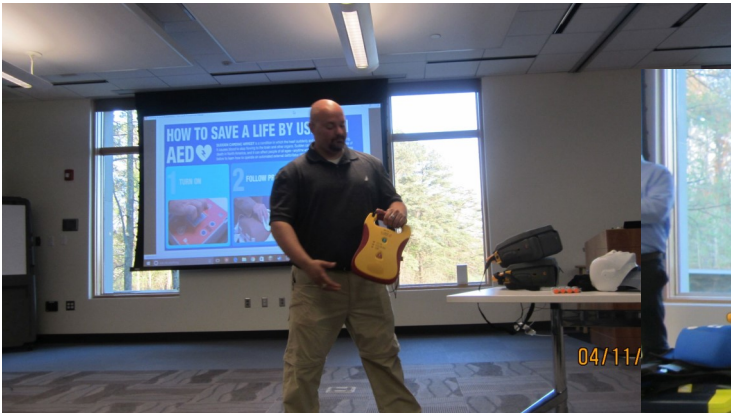
Not all of the commotion about the rail lines has been centered around Ashland, as the Federal Rail Administration has been studying the best location for a new passenger rail station for the Tri-Cities area. Of the four locations studied, they've announced that their "preferred alternative" is a site on which the former S.E. Nichols store stood on the Boulevard in Colonial Heights. Naturally, the proponents of the alternatives not selected (including the current station in Ettrick near Virginia State U.) are not happy and are asking that the decision be reconsidered, so perhaps this discussion can drag out as the one in Ashland has .

And the biggest group ever taken by Chamber RVA to visit another city goes to Pittsburgh this year to get some ideas for improvements in our area. A few names we've met at Chapter meetings on the list, including Bob DeLille of Creative, Jane Ferrara of the City's Economic Development Dept., Mark Hourigan of Hourigan Construction, Jeff Nelson of Draper Aden, Parney of the Flying Squirrels, along with Kim Scheeler of the Chamber. Should be some good suggestions forthcoming from that band of heavy hitters!

\*\*\*\*\*

(Continued from page 5)

That wrapped up the program, which the small turnout actually helped to enhance since we all got more opportunities to get involved and to practice. A big thank you to Reid Doughty for a nice job of presenting it; to Allen Hurt for planning it; to Jeff Sechrest & Luck Stone for hosting us, and to all our sponsors listed on page 11 for their support of it!



## MEMBERSHIP CORNER

Cameron Bridges and Steve Dahowski, Membership Committee Co-Chairs

### Welcome to our newest member!

Stacy Brooks  
Patient First  
[srbrooks48@gmail.com](mailto:srbrooks48@gmail.com)

Anthony Williams  
Colonial Behavioral Health  
[awilliams@colonialbh.org](mailto:awilliams@colonialbh.org)

### On behalf of the Chapter Board, "Thank You" to the following for renewing/rejoining this month\*

Steve Adkins  
[steve.adkins@abc.virginia.gov](mailto:steve.adkins@abc.virginia.gov)

Allen Hurt  
ColonialWebb  
[randall.hurt@comfortsystemsusa.com](mailto:randall.hurt@comfortsystemsusa.com)

Shannon Kujawski  
EBC Carpet Services  
[shannons@ebcusa.com](mailto:shannons@ebcusa.com)

Bill Manson  
DMA Floors  
[bmanson@dmafloors.com](mailto:bmanson@dmafloors.com)

Kathy Taylor  
ServPro Richmond, Chesterfield, Tri-Cities  
[ktaylor@servproctn.com](mailto:ktaylor@servproctn.com)

Tripp Vint  
Virginia Credit Union  
[tripp.vint@vacu.org](mailto:tripp.vint@vacu.org)

\*New and renewing members listed since previous publication. Current as of the time of writing.

---

## Election of 2017/18 Officers & Board Members

Voting on the nominations below will be conducted at our May Meeting with installation at our June meeting.

Additional nominations may be made from the floor, however the nominee must be present and agree to serve if elected.

President- Jeff Sechrest

VP- OPEN

Secretary- Steve Panoram

Treasurer- Justin White

Membership-Steve Dahowski

Programs-Allen Hurt

Hospitality-Andrea Niedhammer

Sponsorships-Brian Workman

Social Media-Brandon Berry

Professional Development-Maureen Roskoski, SFP

Newsletter- Ranny Robertson, R-CFM

Public Relations- Bud Vye, R-CFM

Golf Chair- Tim Hume, CFM



during those times you've blocked for your key projects.

*Eliminate The Non-Essential.* Use any remaining time on your calendar to schedule lesser important activities. And be sure to ask yourself, "Is this activity actually important or is it unnecessary?" If activity is not essential take it off your list!

*Set Goals.* Each morning think about what you want to accomplish that day. Set a daily goal.

*Schedule Email Time.* Try to carve out specific times for checking emails. While it may not always be possible to ignore your inbox try to have some control over it. Many experts in time management recommend limiting email checks to just 2 or 3 times each day. If you don't think that is possible, then try cutting back in steps, until you check it less and less. Allocate time at the beginning of your workday, just before or after lunch, midafternoon and at the end of the day. You'll discover that email does not need to be an immediate communication method. Your productivity will go up and you will get your work done!

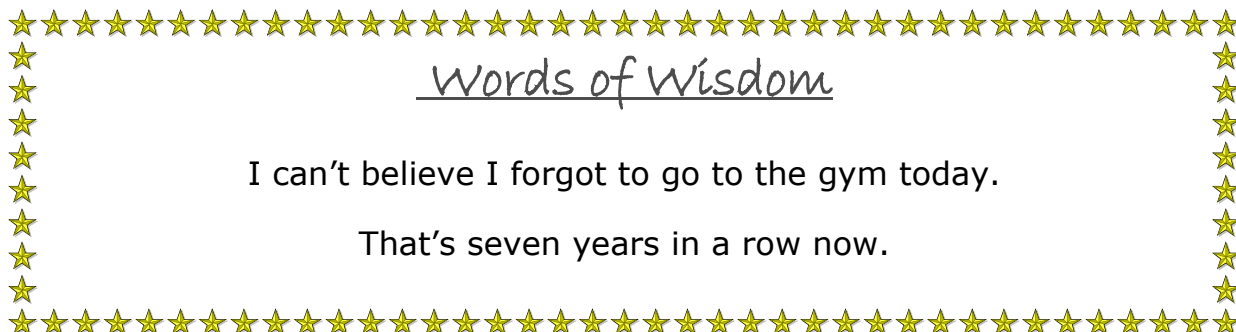
*Act Like A Consultant.* Track and account for every hour of every day as if you were billing someone for your services. Are you spending much of your time on activities that would be considered "billable" or "non-billable"?

Remember – time flies but you are *the pilot*. Protect and control your time. When you understand what you need to accomplish each day you will be more apt to say "No" and less likely to over commit.

Our next monthly chapter meeting will be held Tuesday, May 9<sup>th</sup> at the Richmond SPCA. The [Richmond SPCA](#), founded in 1891, is a non-profit, no-kill humane organization dedicated to the principle that every life is precious. The Richmond SPCA is a national leader in humane care and education, having developed numerous lifesaving programs and services including those dedicated to adoption, rehabilitation, sterilization and education! Join us at 5:30 for a networking/social hour followed by a presentation and tour of the facility.

I look forward to seeing you! Kathy

\*\*\*\*\*





# ENROLL TODAY

SAVE ENERGY & MONEY TOMORROW



**Richmond, VA**  
**BEGINS July 19th 2017**

Building Operator Certification® (BOC) is the leading training and certification program for building engineers and maintenance personnel. Our graduates make their buildings more comfortable, efficient and environmentally friendly.

Created and validated by industry experts and practitioners, BOC is the **only credential program that is third-party verified to save energy**, and the only program to require the completion of hands-on projects for certification.

**BOC Level I training:** Students demonstrate knowledge of their own building by completing projects involving documentation of building equipment, systems and controls; benchmarking the building's performance using ENERGY STAR® Portfolio Manager™; updating occupancy profiles; reviewing HVAC systems and operation and mapping the facility's electrical distributions system.

**Who should enroll?** Those with two or more years of experience in building operation and maintenance who wish to broaden their knowledge of the total building system.

BOC graduates save an average of \$10,500 each year in energy expenses.



## BOC LEVEL I COURSE SCHEDULE

<b>BOC 1001 / Energy Efficient Operation of Building HVAC Systems</b>	<b>7/19-20/2017</b>
<b>BOC 1002 / Measuring and Benchmarking Energy Performance</b>	<b>8/3/2017</b>
<b>BOC 1003 / Efficient Lighting Fundamentals</b>	<b>8/17/2017</b>
<b>BOC 1004 / HVAC Controls Fundamentals</b>	<b>8/31/2017</b>
<b>BOC 1005 / Indoor Environmental Quality</b>	<b>9/14/2017</b>
<b>BOC 1006 / Common Opportunities for Low-Cost Operational Improvements</b>	<b>9/28/2017</b>
<b>BOC Elective (TBD)</b>	<b>10/12/2017</b>
<b>BOC Certification Examination</b>	<b>TBA</b>

Course Descriptions available online at [www.theboc.info/course-descriptions/](http://www.theboc.info/course-descriptions/)

All classes are held from 8:30am to 4:00pm.

**Cost:** \$1,695 (includes all 7 classes!) **Certification Exam Fee (separate):** \$285  
\$300 off for 2nd registrant from same company! (\$1395)

**REGISTRATION** **Deadline: July 10, 2017**

To register: Visit <https://business.pct.edu/nssc/schedule.htm>

Find **BOC Level I Certification** → Information & Registration → Select Richmond, VA course → Add to my list → Register → Complete the form, including employer information.

## COURSE LOCATION

Luck Companies  
Learning Center  
515 Stone Mill Drive  
Manakin, VA 23103

Hosted By:



**Training Provider:**  
National Sustainable Structures Center

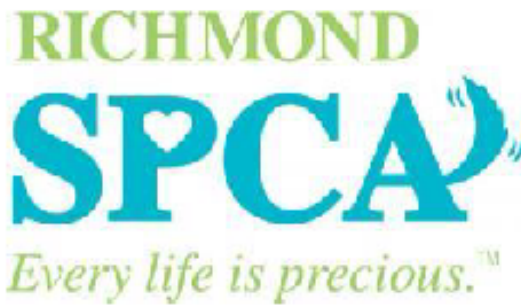


<https://business.pct.edu/nssc/>  
570-327-4768 | [nssc@pct.edu](mailto:nssc@pct.edu)



**IFMA**™ Richmond Chapter  
International Facility Management Association

**Richmond Chapter Monthly Meeting  
"RICHMOND SPCA"  
Tuesday, May 9, 2017**



**Please Join Us This Month at Richmond SPCA**

The IFMA Chapter will tour the SPCA. The Richmond SPCA, founded in 1891, is a non-profit, no-kill humane organization dedicated to the principle that every life is precious. The Richmond SPCA is a national leader in humane care and education, having developed numerous lifesaving programs and services including those dedicated to adoption, rehabilitation, sterilization and education!

**Sponsors**

**PLATINUM**



**GOLD**

**SILVER**



**Where: Richmond SPCA**

2519 Hermitage Road  
Richmond, VA 23220

**Parking:** Parking Lot In Front  
(Side Street Parking)

**Time:**

5:30 pm: Networking/Social Hour

6:30 pm: Speaker

7:30 Q&A

**RSVP by:**

Thursday, May 4, 2017

Simply e-mail Barbe Shaffer at

[ifmarichva@gmail.com](mailto:ifmarichva@gmail.com)

or register on our website at

[www.ifmarichmond.org](http://www.ifmarichmond.org)

and click on Sign-up Genius and pay by credit card or at the door

**COST:**

Members: \$15

Members w/certification: \$10

Non-Members: \$35

Registrations are required. An additional \$5 will be charged at registration if you have not registered prior to the event.

Credit card payments accepted at the door.

Be sure to include your guests name and company

**No Shows will be billed**



**IFMA™ Richmond Chapter**

International Facility Management Association

P.O. Box 808

Richmond, Virginia 23218



PLACE  
STAMP  
HERE

# May Meeting

***Richmond SPCA***  
***2519 Hermitage Road***  
**Tuesday, May 9, 2017**  
**5:30 PM**

**[www.ifmarichmond.org](http://www.ifmarichmond.org)**