



SEATTLE NEWS

The Newsletter of the Greater Seattle Chapter of IFMA
IFMA SEATTLE: YOUR RESOURCE FOR EXCELLENCE!

FALL 2006

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Our Mission

Create an environment that supports the diverse membership of IFMA and encourages each member's growth in the areas of facility management most important to them individually.

Programz Corner

Many joined us on October 17th for Chris and Eric's awesome adventure held at Expedia's corporate office. It was a series of roundtable discussions on various issues that face Facility managers today. There were six great topics and facilitators that lead the discussions.

- Business Continuity/Emergency Preparedness (Chad Stefonowicz with Premera)
- Commercial Real Estate (Leo Backer with Washington Partners)
- Making the Most of Your Space (Russ Curd with Oasis)
- Tenant Improvements/Construction Costs (Dan Maus with The Maus Group)
- Lighting Technologies (Denise Fong with BetterBricks)
- Pest Control (Diane Chapel with Amgen)

Special thanks to the event sponsor New Haven Moving Company.

Tomorrow Space
Data Centers, Fisher Plaza
Tuesday, November 21st
7:30 am - 9:15 am

Fisher Plaza in downtown Seattle is the only community in the north-west combining class A office, data center, and retail space with state of the art communications and media services. Join us as we learn more about this facility.

Fisher Plaza
140 Fourth Avenue North
Seattle Washington 98109
Cost:
\$20 IFMA Seattle members
\$30 other IFMA members
\$40 Non members
First-time guests are free.

Schedule

- 7:30 am registration and networking
- 8:00 am Sponsor Introductions and Fisher Plaza Program, Ed Doyne with Egis
- 8:20 am Doug Bors w/Sophometrics on energy management issues related to data centers
- 8:35 am Questions for Ed Doyne and Doug Bors
- 8:45 - 9:15 ... Tour of the Fisher Plaza data center

Directions:

- From I-5 Northbound or Southbound
- Take Mercer Street exit (exit #167). (Left side exit for Northbound).
 - At 1st light off of exit, turn left onto Fairview Street.
 - Go approx. 5 blocks and turn right onto Denny Way.
 - Go approx. 10 blocks and turn right onto 4th Avenue.
 - At next intersection, take a "hard" right onto John Street.
 - Main entrance and parking garage is on the right.

On-site parking and street parking - unfortunately no free parking for the event.

The Programs Committee
Tyler Kellogg



PRESIDENT'S MESSAGE

Eric Postle

Greetings Fellow IFMA members

When I was a kid, one of my favorite albums (for those of you who remember what an album is) was entitled "A question of balance" by the Moody Blues. As I am preparing to leave for World Workplace in San Diego, I am finding myself reflecting on that title. I am specifically thinking about how we need to find balance in our professional and personal lives. What's the connection to World Workplace you ask? Allow me to explain:

This year I am proud to announce that 45 members of our local IFMA Seattle chapter are going to World Workplace. Now, one could attribute this large turnout to our chapter's strong professional development commitment. But, on the other hand, you might also attribute it to many of our fellow IFMA Seattle members finding a good excuse to have fun and enjoy one last blast of California sunshine before Seattle's gray winter skies roll in.

As the current IFMA Seattle President, I am somewhat conflicted on what I want to believe about our chapter members' motivation to commit the time and expense to attend World Workplace. Part of me wants to believe that the commitment arises from the fact that our chapter is filled with exceptionally motivated and dedicated professionals. Another part of me wants to see us as fun loving kids that are just finding a good excuse to play hooky for a couple of days. I get this latter sentiment from my recent discovery that that many of our personal lives are suffering from an inordinate fixation on work.

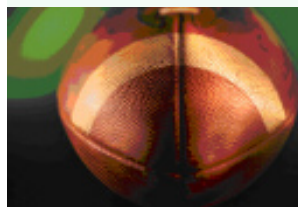
According to a poll conducted by Business Week, ninety-one percent of their American respondents in middle management and above, age 25 and older reported that they have gone into the office on the weekend. Thirty-eight percent have missed the start date of their vacation for work, 35 percent have missed an important event in their child's life and 33 percent have missed a birthday or anniversary dinner with a spouse. Forty percent also admitted to checking their e-mail once a day or more while on vacation. It has also been found that workers who commute and work hours total over 60 hours a week have more stress with too little time to exercise result in decreased life expectancy.

All this brings me back to this "question of balance" between our personal and professional lives. Stephen Covey in his monumental book "Seven Habits of Highly Effective People" points out that the most successful people today live very balanced lives. They "sharpen the saw" as he calls it, by regularly refreshing and reenergizing themselves. So I guess I can resolve my internal World Workplace conflict by viewing it as a "saw-sharpening" exercise where our members benefit professionally while at the same time enjoying some good downtime. And for those chapter members not able to make the trip south, I hope you are able to find a way to "sharpen your saw" and keep your busy productive work in perspective. As one of my favorite 1970's bands would remind us, it is all "a question of balance".

Eric Postle, SIOR

It's that time again!

GO!



IFMA SEATTLE: YOUR RESOURCE FOR EXCELLENCE

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**9th Annual Golf Outing
"AN IRISH RYDER CUP"**

By: Dr. Par

An overcast day and the indulgence of the golf gods favored over 120 players at Washington National Golf Course in Auburn for the 9th Annual IFMA Seattle Golf Outing. This year's theme was the Irish Ryder Cup, intended to venerate the biennial match of the same name, held at the K Club in Dublin this year. Alas, the US Team played no better than the field at the IFMA Seattle event and Dr. Ryder's Cup stayed in Europe.

However, OUR outing raised over \$8,000.00 that will benefit Special Olympics Washington, the Sander Abrams Memorial Scholarship, the IFMA Foundation, and our local IFMA chapter.

A buffet lunch and awards ceremony followed the golfing.

1st place honors went to a team from Oasis, Inc.- Larry Gottas, Bruce Skowyra, Andy Richardson, and Sam Santo.

2nd place was the Barclay Dean team of Jim McCracken, Dan Butler, Sam Owen, and Dennis Dieni.

3rd place went to team Washington Partners - Eric Postle, Leo Backer, Cody Morrison, and Paul Rynearson.

High Score honors went to Tandus - Peg Conley, Chuck Young, Dave Gluth, and Mike Hickcox.

Long Drive for the Ladies - Beth Madden at 256 yards, as measured from the blue tees. Long Drive for the Men - Evan Pate Jr. at 298 yards, measured three inches in front of the blue tees.

Closest to the pin at Hole #11 was Leo Backer at 2 ½ inches and at Hole # 5, Sam Santos couldn't get any closer than 2 feet.

Honorary guests included Special Olympics Washington athlete David McBroom, Dave Maus, Special Olympics Washington Summer Games Chair, and Otis Sistrunk, Oakland Raiders (retired).

IFMA Seattle would like to thank our sponsors who made this wonderful event possible.

Presenting Sponsors- Philips Medical Systems / Heartstream
Philips Oral Healthcare / Sonicare

Eagle Sponsors- Washington Partners
Ticon, Incorporated
Tandus

Birdie Sponsors- Turner Construction
Philips
Precision Electric Group
Ferris Turney General Contractors

Par Sponsors -Apex Facility Resources
Openworks
Avidex
Callison Architects
Copiers Northwest

Hole sponsors- Ferris Turney General Contractors
MBI Systems
DLR Group
Turner Construction
Rent a Crate
Business Interiors Northwest

(BINW)
Philips Medical Systems
Philips Oral Healthcare
Washington Partners
Avidex
Apex Facility Resources
IFMA Seattle

Hospitality- Cort Furniture Rentals

Platinum Cash- New Haven Moving Equipment

Gold Cash- Turner Construction

We would also like to thank all the companies that donated products and prizes for our silent auction and raffle. There were a lot of really great prizes.

We also extend thanks to the 2006 Golf Committee for their commitment and great work.

Our 10th Anniversary 2007 Event will be held on Wednesday, September 12th, at Washington National, same time. Our theme will be Caddyshack. If you would like to assist in the planning or participate as a sponsor for the 2007 Event, please call Dan Maus at 206-714-8900 or email at dmaus@themaugroup.com

	Dan Maus President
THE MAUS GROUP <i>we deliver success</i>	
themaugroup.com	direct 206-714-8900 fax 425-316-0609 dmaus@themaugroup.com 3131 • 92nd Place SE Everett, WA 98208

Continuing Education

TECHNICAL TRAINING WEBINAR SERIES LEED®

Existing Building Operations & Maintenance

Presented by USGBC and Buildings magazine
Each session runs from 10am-11:30am.
More information: <http://www.buildings.com/usgbc/>

October 12 - Green Cleaning and Site Management
October 26 - Materials Procurement/Recycling and LEED Program Administration

The IFMA Greater Seattle Chapter is hosting a meeting site where members can attend the webinar series at no charge (members only) and network with peers. The sessions will be held at Adobe, 801 N 34th St. in Seattle. To register, email: amincl@juno.com

Daylighting in Warehouses and Industrial Facilities
Thursday, Oct 19 from 10am-1pm
Integrated Design Lab, 400 East Pine St., Seattle
To register, call or email Jim Evans, Seattle City Light at jim.evans@seattle.gov or 206-684-4292

BETTERBRICKS AWARDS Puget Sound

October 27, 2006 from 7:30-9:00am
Bell Harbor – Pier 66, 2211 Alaskan Way, Seattle
Register: <http://www.betterbricksawards.com/>

The BetterBricks Awards recognize architects, engineers, developers, building owners, building operators, facility managers, service providers, and other building professionals for their support, use and design of sustainable, high performance, commercial buildings. This year's breakfast event will feature a keynote talk by Scott Muldavin, President of The Muldavin Company, Inc.. He has been a consultant for 25 years to many of the nation's leading real estate companies. In 2006, Scott became Executive Director of the Green Building Finance Consortium, a group dedicated to addressing the private sector's need for better valuation and underwriting tools to assess green buildings. He will discuss the current decision-making practices of corporations, lenders and investors who invest in green building.



Continuing Education

INTEGRATED DESIGN LAB PUGET SOUND

Tuesday Lunch Series on High Performance Buildings
12noon-1pm, 400 East Pine St., Seattle

Oct 10 - Daylighting in Healthcare Facilities
Oct 17 - The Integration of Daylight and Electric Light in Healthcare Facilities

Sponsored by BetterBricks: <http://www.betterbricks.com/default.aspx?pid=events>

LIGHTING DESIGN LAB

Lighting for Healthcare Facilities, \$20
Register: <http://www.lightingdesignlab.com/calendar/classes.html>

Spokane: Tuesday, October 31 11:30 am - 1:30 pm
Seattle: Tuesday, November 7 • 2:30 pm - 4:30 pm
Portland: Wednesday, November 8 • 2:30 pm - 4:30 pm

Post-Occupancy Evaluation of LEED Buildings:
Taking Responsibility for the Occupants
Thursday, Nov 2 from 8:30am-12:30pm
Lighting Design Lab, Seattle
Sponsored by Cascadia Green Building Council
Register: <http://www.cascadiagbc.org/>

UW Engineering Professional Programs
Certificate Program in Facilities Management
Website: www.engr.washington.edu/epp/
Phone: 1-866-791-1275



Education Features

LEED® for Existing Buildings Webinar Series Continues in October

Participants in the first two parts of a 4-part webinar series on LEED-EB offered plenty of accolades.

“Time well spent - the presenters are very experienced with LEED-EB.”

“Excellent opportunity for discussion with practitioners.”

“Good, practical information for FM’s interested in greening their facilities.”

The USGBC and Buildings magazine are cooperating in a joint effort to bring a technical training webinar series to facilities professionals. The 4-part series is helping facility owners, managers, and operators implement a sustainable facilities model using the LEED rating system for Existing Building Operations and Maintenance.

The IFMA Greater Seattle chapter is hosting a meeting site at Adobe Systems where members can attend the webinar series at no charge (a savings of \$349) while also having the opportunity to network with peers interested in LEED. With sponsorship from BetterBricks, the Sept 28 and Oct 12 sessions featured two follow-on roundtable discussions over lunch where utility representatives from PSE, the Resource Venture and the Northwest Energy Efficiency Alliance presented information about technical and financial incentives to help customers achieve energy and resource management points in LEED-EB.

The last two sessions will be held on Oct 12 and 26 at Adobe, 801 N 34th St. in Seattle. This offer is available to IFMA members only, and pre-registration is required. To register, email: aminc1@juno.com More information: <http://www.buildings.com/usgbc/>

WEBINAR SCHEDULE

Each session runs from 10am-11:30am.

October 12 - Green Cleaning and Site Management

October 26 - Materials Procurement/Recycling and LEED Program Administration

These webinars will be registered for continuing education credits with AIA/CES, BOMI, and IFMA. Each organization will award 1.5 hours CEU credits.



Education Features

IFMA Seattle Chapter BOC Scholarship Award Goes to Rick Gideon

Rick Gideon, Data Center Engineer with PCCS, Inc., was selected to receive the BOC Scholarship Award of \$500 from the IFMA Seattle chapter to participate in the BOC Level I course of study in Fall 2006. BOC is a nationally-recognized professional training and certification for facilities engineering and maintenance staff offering improved job skills and more comfortable, energy efficient facilities.

Rick has worked in the FM profession for 6 years. He holds an FMP designation from IFMA and a certificate in FM from the UW Extension. Asked about his professional goals, Rick says he hopes to “improve my understanding of building systems and how they tie into the whole picture” of facility operations. His skills are specialized to operation of data center facilities which he says has “handicapped my ability to find employment in traditional FM positions.” His interest in BOC training is to learn more about traditional building operation.

PCCS, Inc. – PEMCO Corporation Computing Services – delivers customized U.S.-based IT Outsourcing Services to meet the unique technology needs of midsize and small businesses. Rick is currently working on a power inventory project for the company in preparation for installation of a new UPS and PDU.

BOC is an IFMA-Approved Provider for the FMP and CFM credentials.



Recognition

Welcome New Members

Michael Hebert – Regence BlueShield
Gary Nevius – Bastyr University
Jennifer Avila – Deloitte
Paul Duke – World Vision
David Longmire – Deloitte
Brenda Luper – Franklin Moves
Anthony Pellegrino – Building Technology Engineers of North America
Lourdes Crain – Trammell Crow Company
Andrew Gavlinski – AQuantive
Steve Hahn – Pacific Modular

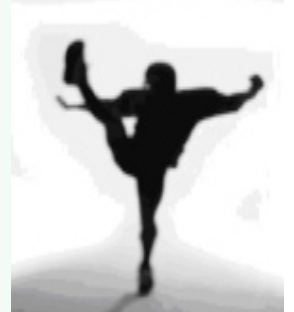
Anniversaries

Loren Steel, CFM – Panasonic Avionics Corporation – 17 years
John Benny, PE, CFM – McKinstry Company – 15 years
Richard Wilkerson - Philips Medical Systems – 14 years
Gregory Jones, CFM - GA Jones Associates – 14 years
Judith Moratti – PEMCO Insurance – 14 years
William Archer, RPA – Washington Dental Service – 14 years
James Rothwell, AIA – Callison Architecture – 13 years

Anniversaries Cont.

Eric Herrmann – Tacoma Public Utilities – 13 years
William Butler – Snohomish County, - 12 years
Dean Baker, CFM, CFMJ – McKinstry/Essention – 11 years
Mike Shepard – City of Marysville – 10 years
Jay Harmeyer – MBI Systems – 10 years
Scott Kruse – DLR Group – 8 years
Diane Faulk, CFM – Pacific NW National Laboratory – 7 years
Gregg Adkins – Internal Revenue Service – 7 years
Keli Stosich, CFM – Nordstrom, Inc. – 6 years
Rod Ferris – Ferris/Turney General Contractors, Inc. – 5 years
John Brandt – Preston Gates Ellis, LLP – 5 years
Michael Okoro – US General Services Administration – 5 years
Laurinda Steele – Cort Furniture Rental – 5 years
Michael Murphy – Nordstrom Inc. - 5 years
Norma Miller – Starbucks Coffee Company - 4 years

Gary Mueller
Peg Conley
 Co-Chairpersons, Membership Committee



2007 Educational Symposium

2007 Education Symposium
Thursday, March 1, 2007
Lynnwood Convention Center, Lynnwood

The following is a rough agenda of the upcoming Educational Symposium, as it stands now.

THEME: Innovations in Facility Management: Exploring options in technology and practice

Morning Plenary:

8:15am – 9:15am

Technology Trends in the FM Profession – David Brady, President and CEO, IFMA

Lunch Keynote:

12noon-1pm

Perspectives on the Puget Sound Regional Economy: City and county leaders share their visions for development (buildings and transportation). Bob Drewell, Puget Sound Regional Council

BREAKOUT SESSIONS (9:30am-12noon):

INNOVATIONS IN TECHNOLOGY & PRACTICE (2 concurrent sessions)

9:30am-10:30am

LEED for Existing Building Operation and Maintenance: Adobe Systems, Inc., George Denise, Cushman & Wakefield

10:45am-11:45am

Top Ten Technologies to Follow – What they are and the benefits to facility operation
Consultant Rep: Tod Moore, Sparling

MANAGEMENT & LEADERSHIP (2 concurrent sessions)

9:30am-10:30am

Innovations in Strategic Planning: The Balanced Scorecard Approach
Speaker: Ron Johnson, McKinstry

10:45am-11:45am

Innovations in Strategic Planning: Aligning Facility Plans with Business Goals
John Benny, CFM, McKinstry Essention

AFTERNOON SESSIONS (concurrent): 1:30pm-2:30pm -

Smart Facility Planning for Rapidly Evolving Work Environments: The Amazon.com Case Study

Jeffrey Miller, IA Interior Architects, Seattle, WA, USA | John Schoettler, Amazon.com, Seattle, WA, USA | David Kutsunai, IA Interior Architects, Seattle, WA, USA

Success in the Executive Suite: Strategies & Techniques from a Seasoned CEO

Ray Crerand, FACHE, Retired CEO, Providence Health System

7:30am-1:30pm

TRADE SHOW

Vendor 24-30 tables

2006 IFMA Award for Excellence in Sustainable Design and Energy Efficient Projects

PBS, Northwest/Arctic Region recently received the first “2006 IFMA Award for Excellence in Sustainable Design and Energy Efficient Projects” for the new Seattle Court House. Property Development Director, Patrick Clark, accepted the award at the annual IFMA World Workplace 2006 Awards Ceremony on October 10 in San Diego.

Here is an overview of points regarding sustainable design and energy efficiency discussed in the nomination:

Energy Efficiency: The building incorporates many energy-efficient features including

- T-5 lamps and ballasts
- Occupancy sensors
- Natural ventilation system for the lobby
- Waterless urinals and low-flow fixtures
- High performance glazing
- Direct/indirect displacement cooling controlled by CO2 sensors
- Roof Mounted Photovoltaic system (PV)

Human Factor:

- The pedestrian plaza of benches, trees, and walkways provide a comforting approach to the building.
- Each space has been designed for human comfort

Financial Value:

- The total package of measures from the baseline and the ESPC contract are expected to save the government over \$300,000 annually.
- Total savings over the 13 year ESPC contract term will total \$3,263,554, of which \$3,002,467 are guaranteed savings.

Do you Know the ABC's of Career Change?

Making a career change is one of the toughest job-search challenges. For clarification, “career change” means much more than “job change.” A career change means choosing a completely new profession or industry. A “job change” is simply changing employers within the same industry and profession.

Why do people change careers? The two main reasons are:

- The industry or occupation becomes obsolete (or is outsourced overseas)
- Job dissatisfaction (If you dread going to work on Monday morning, you're probably in this category.)

What makes a career change so difficult? After all, most job seekers attempting a career change know exactly why they would do well in a new profession or industry. The problem comes down to communication. Most job seekers have difficulty communicating in their resume their ability to excel in a new career. Resumes, by definition, focus on career experience (history), but career changers need employers to see their expertise (current skills) in order to be viewed as a viable candidate.

If you are attempting a career change, it becomes easier when you understand the ABC's of career change:

- A: Assess
- B: Bridge
- C: Communicate

Assess what you want changed.

Before you can make a successful change, you must decide what needs changing. Is it the duties you perform? Your overbearing boss? Your current geographic location? The industry you work in? The size of company you work for? The level of responsibility you hold? Once you pinpoint your exact source of unhappiness, you're on your way to making the correct choice for change.

Bridge the gap between what you've done and what you want to do.

The key to selling yourself based on your expertise rather than your experience is transferable skills. Transferable skills work like bridges to help you cross over from one industry to another or one occupation to another. Transferable skills are those skills you now possess that qualify you as a viable candidate for your career change.

Communicate your ability to excel in your new profession or industry.

Your resume is your front-line communication tool to prospective employers. No matter how well you interview, if your resume doesn't sell you, there won't be an opportunity to convince them in person. Use your accomplishments to prove the strength of your transferable skills, and you'll get interviews faster and with more enthusiasm.

An experienced career coach can help you apply these ABCs to your current resume and your interview skills. Once you practice the ABCs of career change you'll be on your way to changing your career and changing your life—for the better!

Deborah Walker, CCMC



GREATER SEATTLE CHAPTER

International Facility Management Association

The Seattle Chapter can accept up to 2 sponsors per meeting. Monthly sponsorships are \$350 per event (Education Symposium and Golf Tournament have separate listings).

Sponsorship Opportunities for 2007

Start thinking about months in 2007 for getting your company name out there. Our annual events are: March/Education Symposium; April/ New Member Recognition; September/ IFMA Golf; October/ Awesome Adventure (roundtable); November/ "Tomorrow Space."

January - 2007

16th - Facility Tour

February - 2007

Various Classes - See Website

March- 2007

1st - Education Symposium

20th - Facility Tour

April- 2007

17th- IFMA New Members Event

May - 2007

15th - Business Continuity/Emergency Preparedness

June- 2007

19th - Facility Tour

July- 2007

17th - Facility Tour

August- 2007

21st - Board Recognition

September- 2007

12th - IFMA Annual Golf Event

October- 2006

16th - Excellent Adventure

November - 2007

20th - Tomorrow Space

December - 2007

TBA - IFMA Event

IFMA Seattle Chapter Meeting & Tour Sponsorship Benefits

Benefits include:

- 1) Intro by Chapter President (or Vice Pres).
- 2) 3 min "Company Portrait."
- 3) Table for business cards & brochures available at registration.
- 4) Company logo on Chapter website for the event month.
- 5) Company logo on event news Flash.
- 6) Networking chance to get personal and company name exposure.

Meeting and tour sponsorships are \$350 for 2006. Sign up by March 1st get a DISCOUNT; only \$315.00.

Fax sponsorship requests to Kymm Calis

E-mail questions to

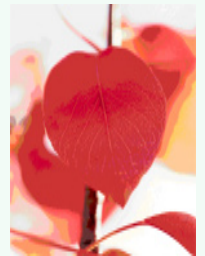
Proud IFMA Sponsors



IFMA Sponsors & Advertising

We are looking for Sponsors for IFMA upcoming Events.

This is a great way to give back to your IFMA organization and contribute to on-going educational and professional events.



for your information: members only

website login: ifma

password: fmseattle

FOR A LOOK AHEAD INTO
IFMA SEATTLE'S 2006 & 2007
PROGRAM SCHEDULE
SEE THE BACK PAGE

Purchase six months (any size)

Get one month free

**2 bus card spaces:
\$50.00 per month**

**Send art work and request to:
Melanie D. Saenz: msaenz@bankandoffice.com
Must have print ready work (jpg or pdf).**

**Newsletter ads are limited to
IFMA members only.**

**Business card size:
\$35.00 per month**

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sponsorship

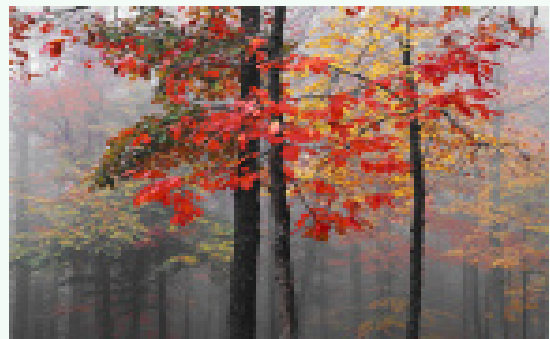
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Sponsored by:

November - 2006

21th - Tomorrow Space - IT Trends, Fisher Plaza

May - 2007

15th - Business Continuity/Emergency Preparedness

Sponsored by:

December - 2006

No IFMA Event

June- 2007

19th - Facility Tour

Sponsored by:

January - 2007

16th - Facility Tour, Seattle Times - Bothell Production Facility

July- 2007

17th - Crystal Vaarvik & Associates

Sponsored by:

February - 2007

Various Classes - See Website

August- 2007

21st - Board Recognition, Columbia Winery

March- 2007

**1st - Education Symposium
20th - Facility Tour**

September- 2006

12th - IFMA Annual Golf Event

April- 2007

17th - New Member Event

October- 2006

16th - Excellent Adventure

Seattle News is published monthly by and for the members of the Greater Seattle Chapter of the International Facility Management Association (IFMA). Opinions expressed in Seattle News do not necessarily represent the views of the association, its members, or its Board Members.

IFMA is the premier professional association for facility management. Representing the largest community of FM professionals on the planet, IFMA membership comprises 18,000 facility professionals worldwide.

The Greater Seattle Chapter of IFMA serves to support our members on a local basis. Our Vision is to be an organization that fosters social interaction and opportunities for personal and professional growth within the facility management industry.

For more information or to contact us, please visit our website at www.ifmaseattle.org.

