

CHAPTER NEWSLETTER

Volume 2, Issue 3
August 2006

ANNUAL MEETING

Michele Sinadinis writes:

The Central Pennsylvania Chapter of IFMA's annual awards luncheon was held on June 21, 2006 at the Hershey Company. Michele Sinadinis, facility manager for Tyco Electronics emceed the event. New officers for the upcoming year were installed by our past president Tom Hewitt. Officers for the upcoming year are: President, Charlie Claar, Vice President, Lynn DeSantis, Treasurer, Bob Engle and Secretary, Randy



Groff. Members who passed the CFM exam in the last

year were presented with a gift. Michele Sinadinis was the only member to pass the exam in the last year. Chapter award winners were as follows: Advocate of the Year, Kathleen Bicksler, Asso-

ciate of the Year, Lynn DeSantis, and the FM of the Year, Jack Christensen. The Advocate and Associate of the year each received a certificate and \$100 cash. The FM of the year received a certificate and a paid trip to WWP in San Diego. The chapter also recognized our sponsors for the year. Each sponsor received a small portfolio with the IFMA logo embossed on the cover. The above photo is of our sponsors who attended the meeting. Thanks to all who helped to make this event a success.

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Chapter Highlights:

- Most facility managers will have no difficulty in supplying the benchmarking data. **Michele Sinadinis, CFM**, facility manager for TYCO Electronics in Harrisburg, Pa., submitted her completed survey last month and was awarded registration to IFMA's World Workplace 2006 Conference & Expo. Congratulations, Michele!
- Along with Michele, 12 Chapter members will be attending WWP this year.

THE ECONOMICS OF ERGONOMICS

As Newton told us, for every action there is an equal and opposite reaction. The downside to the faster computers and the programs we've adopted is the upsurge in computer related ergonomic maladies. The human body has its limitations. Having an understanding of those limitations and incorporating them into our work practices will only result in a superior end product, a healthier workforce and better bottom line. The

collaborative effort is critical to accomplish our goals.

Special guest speaker is Dr. Jerome Congleton, Ph.D., P.E., C.P.E. Dr. Congleton is the Co-Director of the Ergonomics Center and Professor of Ergonomics and Safety Engineering at Texas University.



Earn CEU Credits!

This half day professional development event is Wednesday, September 13, 2006 at the Wildwood Conference Center at HACC .

Program starts at 1:00 PM.

Learn the basics about ergonomics, why it's important, the future trends and how to start a program at your company. Visit exhibitor displays.

[Register online today!](#)

CHAPTER WORKS WITH LEUKEMIA & LYMPHOMA SOCIETY

Carl Dupes writes:

Over the course of a couple of weekends in June, the Community Outreach Committee along with many hard working volunteers gave the Leukemia and Lymphoma Society headquarters in Susquehanna Township a face lift. They replaced workstations and painted.

Thank you to our volunteers who donated time and materials. Both the Chapter and the Leukemia and Lymphoma Society are deeply grateful!

Houck Services, Inc. donated four 5-gallon buckets of paint and other painting supplies. Those who volunteered from that organization were Shawn Claypoole, Tyra Claypoole, Kristy De-



pew, and Dewayne Adamski

IFMA's Dave Balinski CFM and COP Chairman, **Crossgates, Inc.**; Tom Hewitt, **Adair Construction**; and COP Team Captain Carl Dupes, **Mid-Atlantic Corp FCU**

Others who also participated in helping

the program were Jannell Dupes (wife), Mike Dupes and Jesse Dupes (brothers)

Michele Peck and Sherry Spangler from **Officenter** original supplier of cubicles, furniture and assisted in space allocation

Key Painting of Hummelstown donated rollers, roller covers, and brushes

Chapter member Dave Wenger, **RET-TEW Associates, Inc**

Others who also participated in helping the community were Jared and Aaron Balinski (Dave's sons), Mike Dupes and Carl 'Butch' Dupes (father)

For more photos of the project's success, visit the Chapter's website at www.ifmacentralpa.org.

MESSAGE FROM VICE PRESIDENT

Lynn DeSantis writes:

I became involved with IFMA as a volunteer. My company has been a big supporter of IFMA so I found myself volunteering by joining the programs committee. That's where it all began...I've been volunteering ever since.

After serving over two years on the program committee, I was asked to serve on the Board as Secretary. I jumped in with both feet and sought

to learn as much about our organization as possible. This experience has been extremely rewarding for me both personally and professionally. I've had the opportunity to attend World Workplace and the Leadership Conference in Houston all because of that commitment. Through the years I've made some very good friends both locally and nationally. Volunteering is the heart of our organization. No one is paid a salary; everyone gives of his or her own time. As the

great Winston Churchill once quoted "We make a living by what we get,

but we make a life by what we give."

Volunteers are ALWAYS needed for our committees. We currently have openings on our Program, Sponsorship, Golf, and Membership committees. Please consider lending a hand and step-up to a new challenge. Contact any officer or committee chair for additional information.



CFM STUDY COURSE UPDATE

Lesley Fritz, CFM writes:

This year's 2005 - 2006 CFM training classes are coming to an end. The study course began in April and ran for eight weeks. Each "lunch and learn" session, held at Tyco Electronics focused on one of the core competencies. The informal sessions were instructed by our chapter's own CFMs who were shared their own experiences with the exam and were



open for questions.

Our last class was scheduled for August 10, 2006 with a practice test and guest, Michele Sinadinos, the chapter's newest CFM.

Thanks to all of the volunteer speakers. We couldn't have done this without you!

Randy Groff, Dave Balinski, Doug Snell,



Bob Engle, Brian Wick-enheiser, Michele Sinadinos, Tom Hewitt, Charlie Claar, Gary Brinton, Jeff Overbey (guest speaker from North Carolina)

The Central PA Chapter will be providing a two day CFM workshop prior to the end of this calendar year. This is still in the planning stages. More to come.

MEET NEW MEMBER BECKY RILEY, COMPLEAT RESTORATIONS



Name: Becky Riley

Title: Marketing Director

Company: Compleat Restorations

Company description:

Disaster Restoration Company restoring commercial, industrial and residential properties 24 hours a day after water damage, fire, smoke damage, sewage backups, biohazards, oil furnace puff backs, electronics restoration, emergency preparedness planning, duct system cleaning, and more. See CompleatRestorations.com

Personal: Lives in Lancaster, BA in Business and Journalism, 5 grown children, enjoy traveling—just booked a trip to Alaska, husband is Civil War author/reenactor (Gen. John Reynolds), we

have a Harley

Typical day: Up at 5 or so, at work around 6:45, advertising work, talking with customers, meetings, visiting clients, home around 6:00, gardening-cooking

Biggest Challenge: finding more time.

Favorite gadget: Technology: Infrared Cameras to detect moisture behind walls, Water Out quick drying technology, Computer Software such as Photoshop, Web Development programs, Digital Cameras, laptops, GPS

First job after college: Marketing for Borders Bookshops

What did I learn from it? Multitasking, graphics work, media relations, negotiating contracts with publishers, musicians, vendors. Know your business and how it works.

(1) Put everything you are doing aside when a customer calls or approaches
(2) If you can't help the customer, call a competitor right then and see if he can

help the customer – the customer will be impressed with you and tell others
(3) smile when you answer the phone

What is a good leader? Have written goals, clear expectations and realistic steps and timelines to get there. Evaluates to determine successes and the reasons why or why not goals were met. Make revisions based on these.

Last book read: Omnivore's Dilemma by Michael Pollan

Last movie seen: Pride and Prejudice

Something I'd like to accomplish: Professionally, I'd like facility managers to realize the importance of interviewing several restoration contractors BEFORE a disaster or emergency occurs and choosing a reliable one of record. The choices made in the first hours after a disaster are critical and may determine whether your business will recover or not, or how much downtime you incur.

Personally, I'd like to convince my children to never get another tattoo.

2006 IFMA CENTRAL PA GOLF TOURNAMENT

Tom Hewitt writes:

This year's Golf Tournament was held at Valley Green Golf Course in Etters. Weather conditions were the usual sweltering Central Pennsylvania mid-July temperature and humidity, but the thirty-two players were undaunted and had a great time. The players had lunch in the snack bar and then hit the links – keeping hydrated of course. A highlight of the afternoon came as one of the players had a hole-in-one on the sixth hole! These FM's came to play! The event concluded with a steak dinner, which was held in the air-conditioned ballroom (thank heavens).

This year's winners were:

First Flight (Score 56): Tom Hewitt, Dick Michaelian, Kurt Twiford, Don Santostefano

Second Flight (Score 65): Linda Young, Todd Garrison, Leblanc, Green

Longest Putt on #8: Garry Calhoun
Longest Putt on #10: Dan Kerr
Longest Drive on #12: Dick Michaelian
Closest to the Pin #18: Doug Snell

Winner of the Pot of Gold: Garry Calhoun
Winner of the 50-50: Randy Groff

The Tournament raised over \$1,900 toward our annual scholarship program



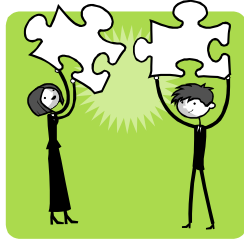
A special thanks go to all of our tournament sponsors, who made this possible:

McClure Company – A Capitol Sponsor
CB Flooring
Charlie Claar
Conexus, Inc.
D&E Communications
Four Seasons Produce
Haworth, Inc.
Interface FLOR Commercial
Johnson Controls
Lees Carpets
Modernfold of Central Pennsylvania
Officenter

A special sponsor thanks goes to Lees Carpets who was not recognized during the tournament due to a technical glitch in our computerized payment system. Thanks to all our sponsors for another great tournament!

NEW CHAPTER SPONSOR PROGRAM

The Central PA Chapter of IFMA's mission is to provide value to its membership. As we seek to provide benefits to our membership, we rely on sponsorship from our members' companies. Throughout the years many of you have contributed quite generously to support the Chapter's efforts. These efforts have been greatly appreciated and allowed the Chapter to grow and strengthen the benefits offered to members.



allow three levels of sponsorship; Capital, Senate and House. These structured levels allows for continual exposure throughout the year through multiple avenues such as recognition in our newsletters, websites and monthly program advertisements and meetings.

The funds raised will support the Chapter's efforts for the 2006-2007 year in providing:

- Monthly informational Website
- Educational programs

- Membership communications
- Community service projects
- Special events and more

With your support, we will continue to lead and sustain the progress of the facility management profession.

For further information, please contact Michele Sinadinos, Sponsorship Committee Chair, Central PA Chapter IFMA at 717- 592-6515 or email at msinadinos@tycoelectronics.com.

We Love our Sponsors!!

The Sponsor Program is structured to

FM OF THE YEAR—JACK CHRISTENSEN, PENNDOT

Name: John D. (Jack) Christensen

Membership Category: Member

Title: Chief, Facilities Management

Company: Penndot

Company description: Transportation Department, State of Pa.

Personal: Like to hunt, fish and ride 4-wheelers in the mountains of Pa.

Typical day: Same as all facility managers, solving problems related to employee comfort, safety work flow, strategic improvements etc.

Biggest Challenge: Finding funding to

pay for the all the work that we would like to do.

Favorite gadget: Leatherman tool

First job after college: Millwright

What did I learn from it? Welding, Rigging, Equipment Operation, Hard Work!

What is a good leader? Someone that is a good



communicator, mentor and motivator. Also someone that leads by example.

Last book read: DaVinci Code

Last movie seen: Pirates of the Caribbean

Something I'd like to accomplish: Month long trip to the American Southwest.

Congratulations Jack and see you in San Diego!!

COMMUNITY OUTREACH FUTURE PLANS

Dave Balinski, CFM writes:

Now that the work is completed at the Leukemia and Lymphoma Society (see article on page 2) our community outreach committee is moving on to other worthy causes. We are in the planning stages of a fall project for the Children's Home in York. Our team leader will be Tom Hewitt and our focus will be to provide some space and maintenance planning for the main campus and two

of the satellite homes serving this community. Tom will be organizing this effort in the next few weeks and welcomes any volunteers to assist in this effort. Once the weather starts turning cooler, we then focus on our winter project which is a repeat visit from last year to Bethesda Mission. We will be setting a date and organizing work crews in the fall for this effort. Please plan to join us as part of our work crew

to replace some flooring in the women's shelter and doing some paint up/fix up in the men's shelter. Contact our Outreach Chairman via email at dbalinski@crossgatesinc.com to register your interest in helping out either at our York project or with Bethesda Mission in Harrisburg.

STAYING READY FOR THE JOB MARKET

Mary Reynolds, Director of Professional Development at IFMA writes:

The first critical effort is building and nurturing your professional network. For example, I had the privilege recently to work with the Houston chapter on an advisory committee and at the end of the meeting we were sharing some personal stories. One story was an experience during a recent job change as a result of a layoff. As a person who was very involved giving both in the chapter and networking, she put out the "word" and she was thrilled about all the referrals and support that she received and how that made her transition fairly quick. I believe that she had actually "paid it forward" by being involved, leading by example and being committed to the profession and community activities.

Many of us make the effort to network only when we are in job search mode,

but those who network by giving something will always reap the most return.

The second critical effort is to continu-



ously update your skills and accomplishments. This can be done in a variety of ways, via education and experience, and often goes undocumented.

One simple practice that I think can help you to be proactive is to keep a list of your key accomplishments and up-

date them frequently. The process that I found to be most useful is to keep a running list of PAR (problem-action-result) stories that can be used to build a resume, promote your skills internally or even to use for interviews.

What problem did you solve, what actions did you take to solve it? And what were the results or outcomes? You can use this list as a tool to discover what your strengths and interests are, as well as match your accomplishments to a position that you are pursuing.

For those of you who are engaged in a job search, there are some great tools in IFMA's Online Learning Center. As a member, you can simply login; click on the Knowledge tab and search for the documents labeled: FM Career Center. There are a variety of useful tools there and it's free!

CHAPTER CELEBRATES 16TH ANNIVERSARY

This year the chapter celebrates its 16th year anniversary. In 1990 the chapter's membership was 37. Today we have 135 members. Check out the 1992 Chapter Roster!



Angstadt, Peter Jr., Book-of-the-Month Club, Inc.
 Baumgardner, John, Alloy Rods Corp.
 Bicksler, Dale A., Hershey Foods Corp.
 Bonitz, Christine D., Buchanan Ingersoll
 Brown, Edward C. Jr., Pennsylvania Medical Society
 Chronister, Lin, United Telephone Co.
 Chronister, Thomas C., Metropolitan Edison Co.
 Clark, Michael V., Milliken and Co.
 Conta, Richard, Hershey Foods Corp.

Davies, Robert W., Geisinger System Services
 Dengler, Jana E. RPA, Pennsylvania National Mutual Casualty Insurance
 Ensor, Byron J., McClure Companies
 Evett, Bob, Steelcase, Inc.
 Fish, Stephen P., Glatfelter Insurance Group
 Gensemer, Thomas E., Geisinger System Services
 Glosenger, Carl, United Telephone Co.
 Guarneschelli, Phillip W., Capital Health System
 Hacker, Donald N.H., AMP Inc.
 Hegedus, Larry, CCB Bank, NA
 Jaskula, Joseph A., Interface Flooring Systems
 Keeble, Susan, Federal Home Loan Bank of Pittsburgh
 Lawrence, Richard, Mid-State Facility Service

Letnaunchyn, Gregory P., Blue Shield of Pennsylvania
 Linn, John W., Herman Miller, Inc.
 Lujan, Mario G.(A.A), AMP Inc.*chapter president
 McLane, Jim, Johnson Controls, Inc.
 Medina, Jose, GPU Nuclear
 Overby, Jeffrey J., AMP Inc.
 Rotay, Stephen, Honeywell, Inc.
 Saylor, Larry E., Scholl, Sowers and Associates, Inc.
 Shafer, Larry M., Fujitsu Systems of America, Inc.
 Sites, Albert W., Capital Blue Cross
 Sokol, John L., Pennsylvania Turnpike Commission
 Soloman, David J., Cole & Company
 Sponaugle, Kirk R., G.R. Sponaugle & Sons, Inc.
 St. Jacques, Priscilla, Haworth, Inc.
 Stettzer, Jack, Baxter Prescription Service

CENTRAL PENNSYLVANIA CHAPTER

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Chapter Sponsors



2005-2006 Chapter Awards of Excellence Recipients

Facility Manager of the Year

Jack Christensen

Division Chief

Bureau of Office Services/Facilities Management Division

Pennsylvania Department of Transportation

Associate of the Year

Lynn DeSantis

Marketing Coordinator

McClure Company

Advocate of the Year

Kathleen E. Bicksler

Manager, Corporate Real Estate and Facilities Projects

Penn National Insurance

Congratulations 2006-2007 New Chapter Officer

Secretary

Randy Groff

Four Seasons Produce, Inc.

MORE STUFF TO KNOW...

Acuri Consulting Services
Adair Construction Services
Bink Architectural PartnershipsCH
Briggs Hardware Co. Inc
Crossgates
D&E Communications
Environmental Interiors
Four Seasons Produce
Frey Lutz Corporation
Haworth
Highmark Data Center
Interface
Johnson Controls Inc
Kinsley
Lees Carpet
Officenter Inc
Perfection Cleaning Services
RestoreCore
Rettew Associates
Spectra Contract Flooring
Steelcase Inc
The Hershey Company
The McClure Company
The PA State Capitol
TransAmerican Office
Webmaster

We love our Sponsors

Mark your calendar....



Monthly Programs & Events

September (13) - Ergonomic Professional Development Event

October (8-10) World Workplace in San Diego

October (18) - IBC 2006 and its implications for facility management

November (15) - New developments in control technologies for building systems

December (20) - Holiday networking mixer

The chapter is organizing a networking dinner for all World Workplace attendees... stay tuned for more cool details.

Meet our 2006 Chapter Scholarship recipient at the dinner too.

See you in San Diego!

www.ifmacentralpa.org