



EXCHANGE

Summer 2017

NEWSLETTER OF THE INTERNATIONAL FACILITY MANAGEMENT ASSOCIATION - MINNEAPOLIS / SAINT PAUL CHAPTER



June Chapter Meeting

Join us on Thursday, June 1st for a tour of the Anytime Fitness headquarters office!

Date:

Thursday, June 1st

Time:

2:30 pm – 5:00 pm

Location:

Anytime Fitness
111 Weir Drive
Woodbury, MN 55125

Registration:

[Click here](#) to get registered today!

upcoming events:



June Chapter Meeting

June 1, 2017



CFM Workshop

June 15, 2017



2017 Annual Golf Tournament

June 27, 2017

[Click here](#) for full calendar

Building Energy: How Self Esteem Brands/Anytime Fitness Leverages its Facility to Better People

About the Program:

Can a workspace send people home with the same amount of energy that they bring to work? While companies often talk of creating offices that are energized, Self Esteem Brands – parent company to Anytime Fitness – sought to go further, creating a “kinetic workplace” where the facility creates movement, choice, and connections leading employees to a healthy lifestyle.

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www.msp-ifma.org

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President's Letter: One very important Key to Chapter Success

The final stage of our fiscal year coincides with the end of some of our Board Officer's terms. I would like to thank Chris Schram (PR Committee), Nicole Nelson (PR Committee), and Noelle Hudak (Events Committee) for their commitment to our wonderful chapter over the past two years and will be completing their terms on June 30, 2017. Each board member dedicates several hours each month leading their respective committees and attending the monthly board meeting to make sure we meet our annual goals. I would like to also send a special "thank you" to Lynne (Webber) Mitchell as she is taking on new career opportunities and will be completing her term of being the Chapter Secretary on June 30, 2017. Lynne has been the consummate professional during her 15 years as an IFMA member and she has dedicated 10 of these years to being on various committees and serving as a co-chair as well.

We are in a better place due to their leadership and I hope we see them at many of our future events in their new relaxed role.

Through all their hard work this year, board has confirmed that all committee strategic plans were on target to close out the year successfully. Considering the number of major events - including professional development programs,

annual golf outing, networking, monthly chapter meetings and the annual awards celebration - that vote of confidence by the board speaks highly of all committee volunteers who are making it happen. Throughout the next several months I feel confident our committees will put the necessary effort behind each of these events.

So this brings us to this board's grand finale, yes? Not hardly. All along, the board has been placing a strong emphasis on succession planning and focusing on a key chapter goal of developing volunteers for future leadership positions. Behind the scenes the board has been preparing during the entire year as well as previous years for a smooth transition from one volunteer leader to another. As the key is passed on to the next chapter leadership, it opens the door to that proverbial fork in the road described by Robert Frost in his poem, "The Road Not Taken." The question can be asked whether the road we've been on, as successful as it's been, is it the right one for the future? I encourage all members to consider volunteering for a committee and provide input to the upcoming board members on how the chapter can be a more vital part of the FM professional experience for everyone.

Our 2017 Golf Classic is scheduled for June 27th at The Legends Golf Club in Lakeville again and like last year, we will have golf sponsorships at each golf hole where there will be games, snacks and beverages. Be sure to take the time to thank all of our hole sponsors for all their support. We will have a Shot Gun start at 11:00 am. The Golf Classic is a fun event and it looks like it is going to be even better than last year!



Greg Wood, SFP, CFM



763-253-8733



Board Members

PRESIDENT

Greg Wood, SFP, CFM

VICE PRESIDENT

Laura Magnuson, CFM

IMMEDIATE PAST PRESIDENT

Rhonda Rezac, FMP



June Chapter Meeting - continued

This presentation and tour will help attendees understand and recognize:

1. The influence culture has on the design of office spaces for work, training, and socializing
2. How the built environment plays an important role supporting employees in their healthy living choice and goals
3. The impact that sustainable design strategies for healthy indoor environments and site integration has on workplace programming

Presenters:

Chuck Runyon, founder and CEO, Anytime Fitness

In 2002, Chuck Runyon revolutionized the fitness industry when he and Dave Mortensen co-founded Anytime Fitness – smaller, neighborhood gyms featuring convenience, affordability, quality equipment and surprisingly personable service in friendly, non-intimidating facilities. For his unprecedented and unique contributions to the fitness industry, in 2009, Runyon was honored as the “John McCarthy Industry Visionary of the Year” by the International Health, Racquet, and Sportsclub Association (IHRSA).

More recently, Runyon was honored by Chief Executive magazine with its inaugural “Leadership” award for his commitment to investing in people and relationships.

Specifically noted were Runyon’s efforts to help his employees become not merely more productive workers, but better people.

Jennifer Stukenberg, NCIDQ

As an associate principal and workplace specialist at BWBR, Jennifer Stukenberg has more than two decades of experience in the architectural and interior design field. Jennifer works with organizations to create a workplace strategy that not only helps them achieve their strategic goals, but improves the lives of their employees. A regular contributor to the national “How To” column for The Business Journal on design and workplace, Jennifer is recognized for her advocacy of environments that improve both the physical and mental health of building occupants.

Rochelle Maresh, CID, NCIDQ, LEED AP ID+C

Rochelle is a workplace strategist at BWBR, connecting the dots between clients, business drivers and strategies that support mobility and balance in the workplace. She approaches design through the lens of personal health and wellness, elevating people to perform at their best. With more than two decades of experience, Maresh is a regular guest lecturer and has served on professional advisory boards at University of Wisconsin-Stout and Dakota County Technical Center.



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IFMA 2017 Annual Golf Tournament

Date:

Tuesday, June 27, 2017

Time:

11:15 am - 6:00 pm

Location:

Legends Golf Club,
Prior Lake MN

Registration:

[Click here](#) to get your foursome registered today!

Cost:

- Individual Members: \$130
- Individual Non-Members: \$150
- Member Foursome: \$500 (foursome must include 1 member & that member must register the foursome)
- Non-Member Foursome: \$600
- Member - Dinner Only: \$35
- Non-Member - Dinner Only: \$45
- Golf Registration Includes:
 - 18 holes of golf
 - Golf Cart
 - Lunch
 - Dinner
 - Drink Ticket

Time:

9:30 am: Registration & Lunch (grab-n-go)

11:00 am: Shotgun start

4:30 pm: Cocktail in the Clubhouse/19th Hole Party

6:00 pm: Dinner

Thank you to our 2017 Hole Sponsors:

- ABM Onsite Services
- Bartlett Tree Experts
- City Wide Maintenance
- CFS Interior & Flooring
- CoBeck Construction Company
- CORT
- Cresa
- Greiner Construction
- Harris Mechanical Service
- Harvard
- INSPEC
- MilliCare by Facility Services, Inc.
- Mohagen/Hansen Architectural Group
- Mohawk Group
- NTH, Inc.
- Prevolv
- Restoration Systems, Inc.
- RSP Architects

We hope to see you on Tuesday, June 27th!

[Click here](#) to see a full list of all the sponsorships offered and their benefits.

[Click here](#) to take the online golf sponsor form and select your sponsorship today!

2017 Golf Sponsorship Opportunities

There are plenty of ways to get involved and sponsor at the IFMA golf tournament. Below is a list of available sponsorships, but act fast! These won't last long!

- Title Sponsor - \$1,500
- Dinner Sponsor - \$500
- Oasis Sponsor - \$500
- Golf Cart Sponsor - \$400
- Driving Range Sponsor - \$250
- And many more!



How to Take the CFM Exam Workshop

<p>Date: Thursday, June 15, 2017</p> <p>Time: 8:00 am - 5:30 pm</p>	<p>Location: Tierney Brothers 1771 Energy Park Dr. #100, St Paul, MN 55108</p>	<p>Cost: Member Discounted Rate: \$150 Member Build Your Core Rate: \$95 <i>*Must have attended all 6 Sessions</i> Non Member Rate: \$195</p>	<p>Registration: Click here to login into your IFMA account and register today!</p>
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If you have interest in pursuing IFMA's Certified Facility Manager (CFM) Certification, you will want to join Certified Instructor, Peggy McCarthy, for the CFM Exam Workshop.

CFM candidates will learn what to expect, how to prepare, and gain test taking tools for success.

Very Special Thank You to our IFMA Associates for Sponsoring our Location and Meals!

- Tierney Brothers - Location
- Atmosphere Commercial Interiors - Breakfast
- Vertiv Corporation - Lunch
- Wiss Janney Elstner Associates - Snack

IFMA Facility Fusion

MSP IFMA's Immediate Past President Rhonda Rezac (right) and Vice President Laura Magnuson attended IFMA's Facility Fusion in Las Vegas April 4-6. During the conference, they met with chapter leaders from across the US to gain an understanding of how other chapters provide value to their membership. Also shown, Past President Bill O'Neill.



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Scott Gilbertson

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Be sure to go to our LinkedIn page to post articles, questions and comments.

Also Share ideas and hear about new topics in our industry.



March Chapter Meeting Recap

Maintenance Blind Spots

The topic of conversation at the March IFMA program was all about blind spots that can and do occur in property preventative maintenance. Our panel focused on: roof systems, walls systems, landscape management, and tree management.

Chris Barrett of Allianz North America led the panel discussion and question answer session. The following were the main points conveyed by each speaker:

Kurt Scepaniak, Horizon Roofing: A semi-annual inspection is needed to stay on top of the ever changing roof system. Kurt pointed out issues that occur with faulty seams, flashing, roof top penetrations, and also issues with blistering and movement of ballast caused by winds. For new construction, detailed specifications are very important and this can be readily achieved by hiring a qualified roof consultant. With most new roof systems, a 30 year warranty is achievable.

Larry Koch, Inspec: Wall systems vary greatly. A facility manager should understand how their wall systems are supposed to function with respect to purging water. This also includes how window systems purge water. Examples were shown of various failures outlining failed caulking, failed mortar, and weep systems that had been inadvertently seal over (thus, trapping water inside the wall or window – very bad). A spring and fall visual inspection can discover potential problem areas and facility managers should look for efflorescence and cracking sealants and mortar. For new construction, ask questions of the project architect about window and wall systems and expected life spans of these products and systems.

Ryan Foudray, Prescription Landscape: One primary blind spot that Ryan pointed out was defining the work

expected of a landscaper / snow removal company by having very detailed specifications. This ensures the customer is receiving pricing for the same level of services. An example was how often snow is plowed during a continuous snowfall. Ryan also recommended that each property have a master plan in place to guide the customer and client on maintenance and replacement plant materials.

Ryan also noted that they have been successful in reducing client water bills and facility managers should look at ways to reduce their irrigation consumption.

Jon Heaton, Bartlett Tree Experts: Mature trees provide far more value than trees that are only 15 or 20 years old. But yet, the tree planting and maintenance practices by most building owners today generally produces a tree that does only live that long. One major blind spot behind this is that new trees are planted too deep. If the root collar area of the tree is below ground or covered by deep mulch, the tree won't survive. Facility managers should demand that any new tree be planted correctly. Trees that are less than 5 years old can possibly be corrected if originally planted too deep.

Another issue for the Twin Cities is Emerald Ash Borer. Jon noted treatment of the tree is 99% effective and less expensive over the life of the tree as compared to cutting down these trees now and replacing with a different species.

All speakers noted that it is getting more difficult to find workers as the labor market continues to tighten. Overall, wages are expected to rise in the coming year by 5% to 8%.

A copy of the power point presentation is posted on the Minneapolis – St. Paul IFMA website for those that were not able to attend the program.



April Chapter Meeting Recap

Natural Surroundings Have Substantial Benefits Says Dr. Kathleen Wolf

Dr. Kathleen Wolf spoke at the Minneapolis – St. Paul April chapter meeting. Dr. Wolf, from the University of Washington, is a Social Research Scientist who studies the interactions and effects of interactions between people and their natural surroundings.

In her presentation, Dr. Wolf provided statistical data showing benefits when hospitals utilize designs that bring nature and green space into their facilities. Examples included healing

gardens, court yards, and recovery rooms with glass walls where the patient's bed was able to be turned to face outside to the green space areas. All of the medical equipment was ceiling mounted and turned with the patient's bed, so highly functional for the physicians and hospital staff.

Additional studies have been completed with schools to measure the performance of students that are in a room with no windows as compared to rooms with windows facing other buildings and then finally green spaces. Those studies showed that kids had a higher capacity for learning and attention while in the room with the window facing the green space area.



April Chapter Meeting Recap - continued

Beyond facilities, Dr. Wolf also noted on a more grand scale, that city governments are also taking steps to daylight hidden creeks and rivers and bring these natural corridors back into the lime light and out of the storm water system. While expensive, these projects have ultimately changed the landscape and the uses of property along these corridors have also shifted from office and industrial uses into retail and residential uses, creating gathering spaces.

For interested parties that want to do a little more research on their own, Dr. Wolf has a couple of links listed on her contact page at the University of Washington:

[Website 1: www.naturewithin.info](http://www.naturewithin.info)

[Website 2: www.greenhealth.washington.edu](http://www.greenhealth.washington.edu)



New Member Reception Recap

On March 22nd, we held our first New Member Reception at Wild Minds Artisan Ales in South Minneapolis. It was a great opportunity for our new members to meet each other as well as current board members. Thank you to all who attended and all of our sponsors who donated items for our goodie bag giveaways. We hope to make this an annual event.

Watch for information in the next month on a scheduled conference call for Professionals and Associates on how you can make the most out of your IFMA membership.





IFMA Winter Social Recap

The IFMA-MSP Special Events Committee hosted the Winter Social Event on February 23, 2017 at STUDIO 8900, a Minneapolis' loft style daylight rental studio for the passionate food & product shooter.

Perry Hanson, Owner of STUDIO 8900 is married to Christine Hanson of Recycle Technologies (fellow Special Events Committee member)! Perry opened up his cool space to the local IFMA members for our social event. Members networked, had some great food and toured the space (they even rent this space out for special events). We were very fortunate that we had such an exceptional and interesting space for our members to mingle.

The concept behind our socials is that you bring a favorite bottle of wine or 6 pack of beer to share and the IFMA Special Events Committee provides the food. Just come and mingle with fellow members, network and socialize. It's all about fun!

Our next event will be held at Hennepin & Co., a new co-working space opening this summer near the Farmer's Market downtown on August 3, 2017 at 4:30 p.m. Mark your calendars!



When Good Design Gets Personal

Whether it's new construction or the remodel of an existing space, my studio colleagues and I ask a lot of **"What ifs"** – **"What if"** you came home from work in the evening healthier than when you arrived in the morning?" Or

"What if" you could guarantee success rates in learning environments just through smart design choices?"

There seems to be enough conversation today about being more productive in our interior environments if you are given the right tools to do the work. But is it always about tools alone? **"What if"** we approached productivity from a more holistic viewpoint? - To include happiness and healthy behaviors? These questions become more intriguing when you consider that we already have data to inform us that 'happy and healthy' people also tend to be more productive.

TIME TO GET PERSONAL - When you consider that most Americans spend 87% of their lives indoors, Six or more

hours a day sitting, and Concentrations of some pollutants are often 2 to 5 times higher indoors than outdoors, it seems that the interior environment would be a logical place to implement health and wellness change in our buildings.

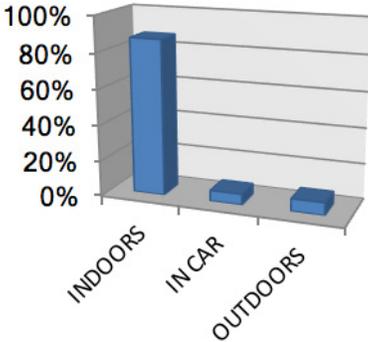
- Couple this knowledge with the average payroll cost per employee at almost \$300/sf- we now have a financial incentive to reach for. Even the slightest reduction in payroll cost as a result of reduced sick days and happier employees will make a much bigger difference to the bottom line than a reduction in rent, utilities, or any soft costs of a project.

FOLLOW THE GREEN - Thankfully there has been no shortage over the years of green initiatives, certifications and processes to help. *(A quick google search revealed (18) Green Product Certifications, and (14) Combined National and International Building Rating Certification Systems!).*

None of these certifications, however, focused exclusively on human health and wellness in our built environment. None,



When Good Design Gets Personal continued



until the release of [The Well Building Standard™ \(WELL\)](#)

Sometimes referred to as LEED™ for People, and first released in 2014, the WELL Standard is gaining significant traction today. WELL combines best practices in Design and Construction with

Evidence- Based Medical and Scientific Research utilizing the built environment as a vehicle to support human health and well-being.

Designed to complement and work seamlessly with other Green Building rating systems, WELL is composed of over 100 features that are applied to each project, and each feature is designed to address issues that impact the health, comfort or knowledge of occupants through design, operations, and behavior. These features are also measured by looking at seven factors or Concepts relevant to occupant health and well- being: **Air, Water, Nourishment, Light, Fitness, Comfort, and Mind.**

Strategies addressing these seven factors may include: *Increased outside air exchanges, Access to filtered water, Healthy food choices, Alignment of lighting design with the occupants' circadian rhythms, Intuitive design that encourages physical activity, and Environments that provide places for its occupants to 'recharge' in order to stay productive.*

Like its cousins in the Green Building rating system, WELL requires administration by an accredited professional WELL AP™, and a Certification Process that includes Registration, Documentation, and Verification. What sets WELL apart from others is the requirement for recertification after 3 years for New construction and Interiors. This is not required for Core and Shell however.



For more information about the WELL Building Standard, visit the International WELL Building Institute website at www.wellcertified.com.

At the time of this article, WELL applies to Commercial and Institutional buildings. There are however pilot programs underway for Multifamily Residential, Education, Retail Restaurant, and Commercial Kitchens. You can access the latest progress at www.wellcertified.com/why-well

TIME TO TAKE 'US' SERIOUSLY - In this exciting time of our data driven society, and the 're-newed' focus on people and their environments, my colleagues and I invite you to keep asking **"What if"** about the environments that you work, play and learn in.

Shawn Gaither was a founding partner at Studio Hive Inc, and is now a Senior Architect and Senior Associate at DLGroup in their Workplace and Higher Education Studios. Connect with us at www.dlrgroup.com

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Xcel Energy

ADAM BRIX

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BREANNA CLIFFORD

RSP Architects

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JODI NORGRN

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JAMES WILLIAMS

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Restoration Systems Inc



Member Anniversaries

TWENTY YEAR

ROBERT DIERCKS

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RICK TORRANCE

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TEN YEAR

DEBRA BARNES

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Smiths Medical ASD, Inc.

BRYAN HELLER

CFS Interiors & Flooring

SCOTT VREEMAN

Olmsted County

GREGORY WILLIAMS

Ramsey County Property Management

FIVE YEAR

BETH CARLSON

Nestle Health Science Facility Services

MARK HEDIN

Thrivent Financial

WILLIAM PAULUS

University of Minnesota

[Continued on page 11](#)



Member Anniversaries

ONE YEAR

ERIK BEALL

University of St Thomas

DREW BJORKLUND

3-D Building
Technologies, LLC

JOSHUA BRUNS

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DZEVAD MAHMUTOVIC

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