Dayton BOMA

Building Owners & Managers Association



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2011 Committee Chairs:

Membership Beverly Campanaro / 937-222-4669 beverly.campanaro@otis.com

Government Affairs Karen Basista / 937-293-0900 karen.basista@mvg.com

Newsletter Amy Berner / 937-603-6745 aberner@simplexgrinnell.com

Programming & Education Nancy Ferrara / 937-299-2662 nancy.bae.boma@ameritech.net

Community/Membership Interaction Nancy Ferrara / 937-299-2662 nancy.bae.boma@ameritech.net

Building Recognition & Awards Tracy Ryan Edwards / 937-395-9560 Tracy.RyanEdwards@cassidyturley.com

From the President





WOW!!!!!!
Do you get the feeling that the exclamation point is really getting overused these days? It has come to represent excitement, bewilderment, remarkable beauty, anger and sometimes

just someone trying to make an extraordinary point. Well, I've added a few extra to my WOW, because that is how I believe I will look back on the last two years of my life. In Dave's memoirs, 2010 and 2011 will go down as two of the most memorable and exciting years in my, oh so brief, life. Not only through a change in career but in a career changing opportunity.

Being the president of Dayton BOMA has truly been a remarkable and fulfilling opportunity, one that I will look back on with great appreciation. Through our local organization, political advocacy, BOMA Ohio, the Winter Meetings and the BOMA International Conference & The Every Building Show I have had the opportunity to expand my circle of friends and have learned so much through this interaction.

We have been blessed with hard working members and it is evident

in our numbers. Growth is a key example of stability and we have been able to maintain and increase our numbers over the last two years and are looking great moving into 2012. I would ask that each of you as members, take a look at how you could expand your involvement in Dayton BOMA. Your involvement is the key to your membership. Find a committee and you will find a fun way to meet new friends and enhance your BOMA benefits. Test the waters by attending one of our after-hour events, you won't be disappointed.

Now for the disclaimer, I could have done none of this without the constant and dedicated assistance of Nancy Ferrara. Thank you doesn't seem to cover my gratitude for a job well done.

Moving forward let me be the first to congratulate Tracy Ryan Edwards as your new Dayton BOMA president. Tracy, you have a great group of board members and Nancy to keep you straight. You will have a blast and I envy you the next couple years and hope that you are as blessed as I have been with new friends and incredible opportunities. My wish is that you too, will be adding a few exclamation points to your WOW when you finish your term in 2013.

Thanks Again, Dave

Energy Savings Facts

Every year, 100 million trees are chopped down for junk mail sent to American homes.

Help The Cause: Contact catalog and junk mailers you no longer wish to receive mail from and ask them to remove you from their mailing list.

A single U.S. resident uses about 12,000 gallons of water every year, 1/3 of which is used to flush the toilet.

Help The Cause: Install low flush toilets/urinals or waterless urinals in your home and/or business. Also consider installing low flow faucets and showerheads. Not only will you be saving water, you will also save money on your utility bill.

Televisions, DVD players and other electronics, draw power when they're off or not charging anything as long as they're plugged in. Such "phantom electricity" emits about 12 million tons of carbon into the atmosphere a year.

Help The Cause: Use Smart Strips on electronic devices that require large amounts of power or unplug electronics and appliances after use.

An estimated 13 billion plastic bottles are disposed of each year. Recycling a single plastic bottle can conserve enough energy to light a 60W light bulb for up to 6 years.

Help The Cause: Instead of purchasing bottled water, use a reusable water bottle.

After Hours Networking Event



A big THANK YOU goes out to Turner Property Services Group for sponsoring our September 15th "After Hours Event" that was held at Franco's Ristorante Italiano. All those who attended had a great time!

If you weren't able to join us in September, please be sure to mark your calendar for our next "After Hours Networking Event" to be held on Thursday, November 17th at Fricker's on SR725 in Centerville. Bill Mangus and Chuck Baker with Securitas Security will be sponsoring this event.

Stress & Exercise

Does Exercise help with Stress? YES!

Frequent sessions of moderate to intense exercise are one of the best physical stress-reduction techniques available. Exercise not only improves your health and reduces stress caused by being unfit; it also relaxes tense muscles and helps you to sleep.

Exercise has a number of positive benefits you may not be aware of:

- It improves blood flow to your brain, bringing additional sugars and oxygen that may be needed when you are thinking intensely.
- When you think hard, the neurons of your brain function more intensely. As they do this, they can build up toxic waste products that can cause foggy thinking (you may have experienced the feeling that your brain has "turned to cotton wool"). By exercising, you speed the flow of blood through your brain, moving these waste products faster.
- Exercise can cause release of chemicals called endorphins into your blood stream. These give you a feeling of happiness and positively affect your overall sense of well-being.
- Exercise for relieving stress may be in the form physical, mental, or spiritual exercise - or a combination of all three, e.g. yoga. What is good for the body is good for the mind and vice versa.
- Physical exercise is one of the most effective ways of relieving stress. Exercising the body regularly is very effective in managing stress, on its own or as a part of a stress management plan. Getting into better shape improves your mental health as well as your physical health.
- When it comes to stress management, every little bit of exercise counts. Don't think if you can't commit to a stringent fitness routine that it's useless. It's not. What motivates people to do more of something is to do little of something.

Amy Boeckmann 937-603-5253

Upcoming Speakers and Events

Just a reminder, our membership luncheons are on the second Tuesday of each month.

If anyone would like to recommend a future speaker or topic, please contact Nancy Ferrara at (937) 299-2662 or nancy.bae.boma@ameritech.net.

November 17th - BOMA "After Hours Event" at Fricker's on SR725 in Centerville, sponsored by Bill Mangus and Chuck Baker with Securitas Security.

December 13th – Our December membership luncheon entertainment will be provided by the Xenia Show Choir.

January 10, 2012 – Lamees Mubaslat with the Dayton Regional Green 3 Task Force will be the speaker at our January membership luncheon.

January 19, 2012 – BOMA "After Hours Event" at Champps Americana Restaurant in Centerville, sponsored by Leigh Ann Fulton with Rainbow International.



Motor Vehicle Safety

Motor vehicle accidents are the number one cause of all accidental deaths in the workplace. Traffic accidents alone claim more than 30,000 lives each year and cause more than one million injuries when factoring in forklift accidents, excavation accidents, and other accidents involving material handling equipment. What we do behind the wheel not only affects us; it can have a direct impact on other drivers on the road, passengers in our vehicle, roadside workers, and pedestrians.

Most accidents are caused by one of three human factors: distraction, frustration, and fatigue.

Operating procedures are designed to prevent vehicle accidents, comply with federal, state, and local regulations, prevent injury to personnel and the public, and reduce vehicle operating and repair costs. All employees operating any vehicle should follow the items listed below:

- All vehicle occupants must wear seat belts.
- Operating a vehicle under the influence of drugs or alcohol is prohibited.
- Drivers should not use cell phones while driving. To use a cell phone the driver should pull over to the right hand berm/ shoulder of the road or other safe location, turn on the emergency flashers, stop the vehicle, and turn off the engine. In some states it is against the law to use hand-held cell phones while driving.
- Obey traffic signs, signals, and posted speed limits.
- Drive appropriately for weather and road conditions.
- Do not tailgate; leave ample room for stopping.
- Use turn signals when turning or changing lanes.
- Do not drive if you are fatigued, sleepy, or on medication that may impair your ability to operate a motor vehicle.
- Actively scan the roadway and anticipate the movement of automobiles, pedestrians, and animals.
- Do not refuel the vehicle with the engine running. Personnel must stay within 15 feet of the vehicle during the fueling operation.



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For more information, please contact:

Bill Mangus | bill.mangus@securitasinc.com

Dayton & Toledo Area: 513.312.7534 | Columbus Area: 614.207.0546



Welcome New BOMA Member: Tony Pinto



Tony Pinto is the Commercial Real Estate Manager at Huber Management Corporation. He has been involved in Commercial Real Estate for over 5 years, and has been involved in the leasing, sales,

property management and development of commercial property throughout the Miami Valley and other parts of Ohio. Tony has handled transactions in retail, office, industrial, vacant land and investment properties and has managed over 880,000 SF of commercial property throughout Ohio.

Tony is a father of two children. He is married and living the dream in Bellbrook, OH. He enjoys sports and spending time with family and friends.

Who Will Be Our Next Star?

Congratulations to our "Membership Star" winner, Bruce Reger with Turner Property Services Group. The BOMA Board of Directors acknowledged Bruce at the October membership luncheon for his help in quickly securing sponsors for our 2011 golf outing.

Bruce received a certificate of appreciation and a gift card for a cup of coffee at Starbucks. A special THANK YOU to Jim Houpt and Merchants Security for their starring role as our Starbucks sponsor!



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August 31, 2011

Dayton BOMA Nancy Ferrera

Dear Nancy,

Please extend our heartfelt thanks to Dayton Building Owners and Managers Association for adopting two of our families. The families were so surprised by the amount of uniforms and school supplies they received. It really relieved a lot of stress for the parents when they don't have the finances to send their kids to school with their needed supplies. The kids were so happy to have new clothes to wear instead of old and ill fitting clothing. The kids especially loved getting new shoes, what a treat!

Our job as "Family Advocate's" for parents is to provide social work services to families. We are part of a University of Dayton program through the Center for Catholic Education. Our program is titled Urban Child Development Resource Center (UCDRC). We have mental health counselors in 5 urban schools and 2 social workers that work between the schools. We are always looking for resources for our families. The uniforms and school supplies came just in time!

Thank you so much for this community outreach, we have truly been blessed. Please see the enclosed thank you notes and pictures from the families.

Peace,

Michelle Sherman, LSW

Family Advocate,

UCDRC

Dayton Early College Academy & Immaculate Conception School

(937) 232-2651

msherman1@notes.udayton.edu

LaTasha Akpan, LSW

Family Advocate

UCDRC

Mary Queen of Peace School

(937) 266-3783

lakpan1@notes.udayton.edu



8/19/11

Than K you so much you your Dear BOMA donation of school dather Shoes and Supplies

this year you my children. I am so greatful

and appreciate It very much. They fore

everything Thank you Thank you Thank you

Mo yutte Peterson







Thank you mrs. Boma for Buying me shoes buying My School & clothes and for loveing us So We love you



Eric Potesson

Thank you very much for your generous donation of new school supplies and clothing for my children. I feel very blessed that we were chosen and shown such Kindness from your wonderful group. I wish luryone could have seen the joy and excitement on my Childrens faces when Miss Michelle Showed them their gift bags. It absolutely made their day I





With warmest thanks, grateful hearts, and deep appreciation for your thoughtfulness.

Thank you so very much and God bless art of you! County, Taylor, Zachary Thomas and James

President 2012



Tracy Ryan Edwards will be celebrating her 5th anniversary with Cassidy Turley in January, and has over 20 years of property/facility management experience. Tracy is a Property Manager at Cassidy Turley and is responsible for managing 1.4 million square feet of commercial space throughout the Miami Valley.

Tracy holds a Bachelor's degree in English Literature from California State University Fullerton, is a current RPA candidate, and holds an Ohio Real Estate Salesperson license. Her previous experiences include earning and maintaining a Certified Facility Manager (CFM) designation for 6 years.

In addition to her 5 year membership in BOMA, Tracy is also a Service Unit Manager and Troop Leader for Girl Scouts of Western Ohio, and is also an active volunteer for Junior Achievement and Ronald McDonald House of Miami Valley.

Tracy enjoys living in Oakwood with her husband of 5 years, Tim who works locally with a defense contractor. They have a daughter, Maggie (12). Tracy and Tim recently purchased a ranch home that was built in the 1950s and they are spending their free time working to replace many of the Mamie Eisenhower inspired features, including one very special pink bathroom.

Tracy is looking forward to becoming our local BOMA President in January.

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These member ads help support the production of this newsletter as well as Dayton BOMA

Member Highlight - Kristen Vandivier



Kristin Vandivier has been with Rieck Services since February 2007. As an Account Manager she is responsible for a contract base of roughly \$1.2 million in Commercial HVAC service agreements along with generating new business such as maintenance service agreements, small projects and energy services.

Although she is currently in the HVAC industry, Kristin actually studied theatre at the renowned American Academy of Dramatic Arts in New York City. She lived in the city as a "starving artist" for nearly 6 years then came back to Dayton for a short while before moving to Los Angeles in pursuit of her acting career. Unfortunately she found L.A. to be a great place to visit, but not a place she wanted to live.

In 1999 she moved back to Dayton permanently and worked with the Human Race Theatre Company both on-stage and off. "I began to realize that working in the non-profit world meant just that – no profit." So she left the theatre in 2003 and got her certification as a personal trainer in 2004, went into business for herself and supplemented her income as she had done in New York and LA, bartending. The combined ventures led to different sales opportunities which led her to where she is today.

Her commitment to fitness had remained a priority, so in 2010, Kristin decided to change things up and put a personal challenge on the table – to complete a triathlon (swim/bike/run). Although swimming wasn't her strong suit, she hired a coach and spent many hours at the pool to train. "My idea of swimming included an adult beverage and SPF30. Doing laps had never occurred to me."

After months of coaching and training, Kristin finally completed her first triathlon in July 2011. "Crossing that finish line gave me such a sense of accomplishment that I signed up to do two more triathlons the very next day!" By the end of the summer of 2011, she had competed in 3 sprint distance triathlons. Triathlons have taught her that that the challenge is 50% physical and 50% mental; "Every day was a small victory, even if all I did was choose to get out and train rather than staying on the couch and catching up on the past 2 weeks' episodes of Real Housewives," her guilty pleasure! The winter is now her off-season and she intends to compete in other area triathlons during the summer of 2012.

Kristin lives in Kettering with her "partner in crime and matters of the heart," David (Todd) Brown. They enjoy Formula 1 racing, classic cars and driving around in their 1983 Ferrari 308 during nice weather. They recently enjoyed a 1-week vacation in Cabo San Lucas, Mexico where they parasailed and went deep sea fishing.



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Dayton Regional Green Task Force Green Business Certification Program

The *Dayton Regional Green Task Force* (DRG3.org) was formed by Montgomery County Commissioners

Deborah Lieberman, Judy Dodge and Dan Foley to help drive our region as a leader in environmental responsibility. This leadership involves becoming more energy efficient and employing sustainable practices in our businesses, at home and in all levels of governmental operations.

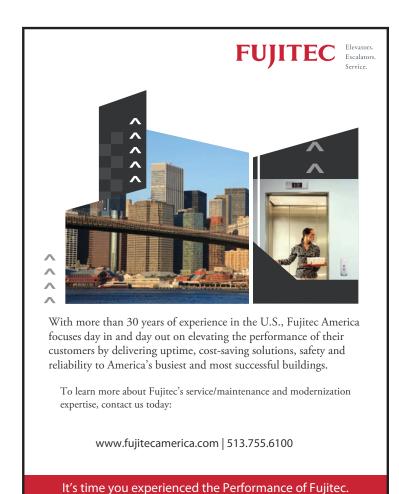
Developed by a dedicated team of local business leaders and community volunteers, one of the newest initiatives from the *DRG3 Task Force* is the *DRG3 Green Business Certification Program*. This program is completely voluntary and is designed to help businesses save money by implementing a series of green practices to reduce their energy and resource use. Every day, businesses realize by making a commitment to environmental stewardship, they are also positively affecting their bottom line. Companies taking these voluntary steps to conserve energy and water, generate less waste and implement recycling programs are reaping the rewards when it comes time to pay utility bills, repair and maintain equipment and recruit a young educated workforce.

The **DRG3 Green Business Certification Program** emphasizes small changes that can be made in day to day operations and policies. The application and checklist can be completed online at www.drg3.org and includes the six following categories: general standards for all businesses, solid waste reduction and

recycling, environmentally preferable purchasing, energy conservation, water conservation and pollution prevention. Although each category contains a few mandatory requirements, the program has been designed with maximum flexibility, with the intention that every business can find and implement green strategies that fit their own operations and facilities. A similar checklist to specifically address businesses in leased /rental space is being finalized for release soon.

A part of the certification process, on-site verification will occur for 5% of applications (randomly chosen). The auditing process might occur after certification. If non compliance issues are discovered through the auditing, a grace period of 6 months will be given to the business for compliance. The first time application (valid for the first two years) is FREE!

For more information on the program, to find out which local businesses have already become "green certified" and to discover how your business can begin the process, please visit www.drg3.org.



TOBY Awards 2011/2012

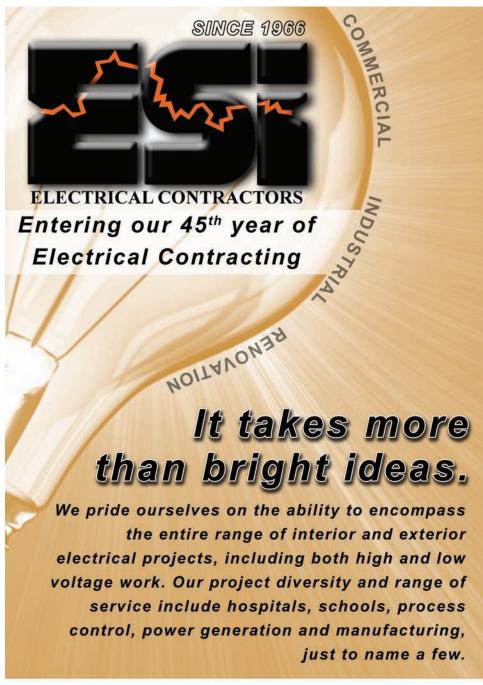
CB Richard Ellis did it. Cassidy Turley did it. I did it.

Did what? Win a Dayton TOBY® Award.

Official Entries are coming soon, but please let me know ASAP if you are planning to enter (the number of entries will determine the number of judges required) a building in this year's contest.

What do you have to do? Provide us with pictures; floor plans and an aerial/ site plan for your building, along with a short write up describing the building. In my experience entering the contest, the local requirements took me less than 4 hours to complete. There is no fee to enter the local contest, so that should not prohibit your participation. Then we schedule a physical visit and tour so that the judges may evaluate your building.

My building wins—then what? You will receive a pretty trophy to display at your building and advance to the Regional contest. At this level, your entry is submitted via the internet, and there are no additional site visits in conjunction with the contest. A \$325 entry fee is required. The vast majority of the requirements for the regional entry are standard industry practices – I think my team spent about 16 man-hours on this project. And if your building wins regionally, your entry is automatically forwarded to the International contest, with no additional fees or submissions required.



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So who is going to do it next? If I can do it . . . so can you!

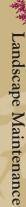
If you're interested in submitting your building for a TOBY® award, please contact:

Tracy Ryan Edwards, Committee Chair, Building Recognition and Awards Committee at 424-2455 or by email at tracy.ryanedwards@cassidyturley.com.



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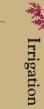




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