February 2011

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 Chairs Barb Saville / 937-673-1253 bsaville@debra-kuempel.com

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

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

From the President



As we start off this New Year, we would like to take a moment to thank you for your membership in Dayton BOMA. We know you have choices when it comes to membership and participation in professional organizations, and we sincerely

appreciate you choosing BOMA.

Through your membership, you receive a tremendous return on your dues investment. We impact your company's bottom line and strategy by:

• Building you and your staff's skills through best-in-class educational offerings

Providing invaluable networking
opportunities

Fighting aggressively as the industry's advocate in the halls of power Civing you immediate access to

• Giving you immediate access to timely and cutting-edge information and resources

• Maximizing value money saving discounts on publications, research and meeting registrations

• Providing benefits that keep you relevant, help you reduce operating costs, increase asset value and achieve a higher ROI

Now more than ever, membership in BOMA is vital to your professional success and your company's well being. We truly appreciate your membership and we look forward to fighting even harder for you and your interests in 2011.

Thanks again to all those who support Dayton BOMA.

- Dave Wallace



BOMA has some 17,000-plus members that own or manage more than nine billion square feet of commercial properties in the U.S. That's over 322 square miles of property!!



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.

March 8th – Bob McClure, Vice-President, Member Services, BOMA International

Please note, this luncheon will be held at the Presidential Banquet Center.

April 12th –Berkwood Farmer, Dean, Raj Soin College of Business, Wright State University

May 8th – David Winn, Infrastructure Protection Administrator, Office of Protection and Security, Ohio Homeland Security

Don't forget to mark your calendar for the Dayton BOMA 26th Annual Golf Outing to be held on Monday, July 25th at Walnut Grove Country Club... 9 am shotgun start.

Bob McClure, Vice President, Association Services with BOMA International.

Be sure to join us on Tuesday, March 8th ...

Bob McClure, Vice President, Association Services with BOMA International will be our guest speaker at our March 8th membership luncheon.

Bob will give us an in-depth look at what BOMA International is doing for it's members, concentrating on a number of specialty areas; codes, standards, benchmarking, recognition and information. He'll talk about the TOBY Awards Program as well as the BOMA 360 Program.

Bob joined BOMA International in 2005 after a 19-year career with the Travel Industry Association of America (TIA). In his capacity as vice president, association services, Bob is responsible for membership, serving as the liaison to the 91-member BAE Council, the Association's international relations program, the BOMA Foundation and the TOBY Awards Program.

Prior to his 24 years in the association world, Bob worked for three different members of the House of Representatives over a ten-year span. In the final five years, he worked as Legislative Assistant and then Washington Office Director for Representative Frank Guarini of New Jersey. His issue responsibilities included the Trade Subcommittee of the House Ways and Means Committee, defense, and non-tax commercial issues.

After Hours Networking Event



A big THANK YOU goes out to Kristin Vandivier with Rieck Services for sponsoring our January 27th "After Hours Event" that was held at The Wine Loft at the Greene. A great time was had by all those who attended!

If you weren't able to join us in January, be sure to mark your calendar for our next "After Hours Networking Event" to be held on Thursday, March 24th at Bravo! by the Dayton Mall. Mike Houser and Houser Asphalt will be sponsoring this Event.

If you're interested in sponsoring our next event, please contact Nancy at 299-2662 or nancy.bae. boma@ameritech.net, for details.



Member Spotlight: Melanie Loveland - Business Development, Scioto Services



Melanie Loveland has been in the facility maintenance industry for 3 ¹/₂ years, two of those for Scioto Services in business development. Prior to coming to Dayton, Melanie was in the real estate industry

in California for 16 years where she held many different positions from sales, escrow department and Director of Operations. She is in the process of obtaining her Broker's license and will also be completing her Bachelor's degree in Operations Management by the end of 2012.

Melanie's territory with Scioto Services runs from Toledo to Warren County, basically the entire western side of the state. Scioto Services has been in the facility maintenance industry since 1975 with its focus being in manufacturing janitorial. Honda has been their longest retained customer for 29 years now. Through the years, Scioto Services has branched out to all industries for cleaning, and has specialized services in medical/surgical cleaning, gym floor refinishing, warehouse cleaning and many more. Scioto Services operates in all counties of Ohio and surrounding states.

Melanie was born and raised in Ohio graduating from Triad High and attended Chaffey College in California. Melanie is very family oriented. She moved back from California 6 years ago to help with her grandparents and spend time with her only niece and nephew. The hobbies that Melanie enjoys most are basically anything spontaneous. She loves being outdoors, especially at the beach, and spending time with friends and family. While at home relaxing she likes being creative and working on crafts.

Free advice is the kind that costs you nothing unless you act upon it.



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Bill Mangus | bill.mangus@securitasinc.com

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2010 Principal Member of the Year

Tracy Ryan Edwards, Principal Member – Tracy has been a very involved BOMA Member since joining us in October of 2007. She has been on the Dayton BOMA Board of Directors for two years now first serving as a Principal Director then moving in to the Treasurer's position. Tracy currently chairs the new Building Awards and Recognition Committee and was instrumental in implementing our "Membership Star" awards program.

Congratulations Tracy – we are honored to honor you as our Principal Member of the Year!



2010 Associate Member of the Year

Amy Berner, Associate Member – Amy joined the Dayton Building Owners and Manager Association in February of 2008 and has been a wonderful addition to our group. Amy didn't waste any time getting involved in Dayton BOMA. She's been chairing our Newsletter Committee for about two years now. Amy puts forth a lot of time and effort to make sure the newsletter goes out each quarter. We think you'll agree she does a fantastic job!

Congratulations Amy on your Associate Member of the Year award – our organization is so proud to have you as one of our members!



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Who Will Be Our Next Star?

Congratulations to our "Membership Star" winner, Fred Lageman with Goodwill Easter Seals. The BOMA Board of Directors acknowledged Fred at the November 2010 membership luncheon for his "above and beyond" contribution to Dayton BOMA. Fred 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!



Fred Lageman and Jim Houpt



Mike Houser our "Membership Star" winner in October 2010

Bureau of Workers' Compensation -A Partner in Workplace Safety and Health

At no added cost, the Bureau of Workers' Compensation offers businesses comprehensive and valuable workplace safety and health services. The BWC's mission is to lower risks, making workplaces safer and healthier. They provide support for businesses to improve their bottom line by reducing workers' compensation costs.

Workers' compensation premiums include the cost of the following BWC's safety services for Ohio employers:

- Experts: Specialists in industrial safety, construction safety, industrial hygiene and ergonomics; Training center: Offers 75 occupational safety and health courses in
- classrooms around the state, and six online courses;
- Library services: Provides information, research and training aids;
- Safety councils: 80 local safety councils throughout Ohio host monthly meetings promoting safety through informative talks and networking, presenting annual awards and offering premium rebates to eligible
- employers. Additional costs may be associated with monthly meetings; Safety grants: Grants and loans for purchasing equipment and conducting drug-free workplace training;
- Video library: A lending library of safety and health training videos;
- BWC Web site: Online safety publications, tools and resources;
- Consultation services: On-site safety and health consultation services for Ohio employers, including public and private employers
- Safety Congress & Expo: Free, annual conference is the largest state conference of its kind;

How to reach BWC's Division of Safety & Hygiene Telephone: 1-800-OHIOBWC or E-mail: safety@bwc.state.oh.us

Cassidy Turley Receives Multiple Honors

At a local Cassidy Turley level, where they compete against their counterparts in Cincinnati, the Dayton Engineering Services Group was recognized for Best Team Effort. Additionally, our Property Coordinator, Diane Kerr was awarded the Support Associate of the Year, and Tracy Ryan Edwards was recognized as Property Manager of the Year.

Following these wins, Cassidy Turley was recognized as one of the Best Places to Work by the Dayton Business Journal.

Most things which we think are impossible in life, is because we have never tried them. So go for every dream and opportunity before making a judgment.

Dayton BOMA Giving Back to the Community

At our April 12th membership luncheon we will be collecting items from the Ronald McDonald House "Wish List". Wish list items are a wonderful way to help families during their greatest time of need. As a non-profit organization, Ronald McDonald House relies on donations from the community to provide their House with even the most basic of needs. Nancy will be forwarding a list of those items needed, closer to our April 12th membership luncheon.

FACTS:

• Annually, the Ronald McDonald House of the Miami Valley serves families from approximately 30 Ohio counties, 10 other states and occasionally other countries.

• They have been serving families in our region since 1980, and partner with all local hospitals that serve pediatric patients.

• The Ronald McDonald House serves an average of 500 families a year. In 2010, they served 468 families totaling 4,115 nights of occupancy, this includes 925 adults and 210 siblings of hospitalized children.

• The average stay for House guests is 7 to 9 nights. A family's stay can range anywhere from one night to 90 days. There is no maximum stay.

• Three main reasons families need the Ronald McDonald House: Premature Births, Respiratory Issues and General Surgeries.

• Regretfully, 170 families were placed on a wait list in 2010 due to full capacity.

To learn more go to www.rmhcdayton.org.

CONGRATULATIONS To our very own Karen Basista on becoming President of Ohio BOMA

Karen Basista with Miller-Valentine Group became President of Ohio BOMA on January 1st of this year and will be serving as President for the next two years. Karen became a Dayton BOMA member in 1987 and served on various committees through the 80's and 90's. In addition to serving on the Dayton BOMA Board of Directors through the years, including her term as President in 2006-2007, Karen began serving on the Ohio BOMA Board of Directors in 2005.

Karen relocated from Youngstown to the Dayton area and began her Property Management career in July, 1986 when she was hired by Mark Fornes of Danis Realty. Thanks to Mark and his support, she began RPA classes in September, 1986 and was able to obtain her RPA designation in January, 1989. She also earned her Realtor license in December, 1989 and CPM designation in 2002.

Karen, we're fortunate to have you as a member of our Association. CONGRATULATIONS on your new position with Ohio BOMA!

Experience Exchange Report

Among the many things your membership dues funds is the industry's best operating income and expense research, The Experience Exchange Report (EER). In 2009, the industry's best benchmarking tool got even better! The EER moved entirely online, allowing you to access commercial office building income and expense data through a dynamic, Webbased platform. The new online EER allows you to customize your search for data, export it to PDF and other user-friendly tools to make budgeting easy, and allow you to track trends.

The 2011 EER survey launched in January and will be open through March. Once again, the survey will be conducted entirely online at www.bomaeer. com. Submission of data is absolutely free! 2011 respondents receive a complimentary Expense Performance Comparison, which highlights how the respondent building compares to its peers, but also have the opportunity to purchase access to the online EER reports at discounted prices. For more information about the EER, please visit www. bomaeer.com . Watch your inbox and your mail for an announcement of the 2011 survey's opening.



The Marines and Dave Wallace from our November Luncheon where we collected for Toys for Tots.



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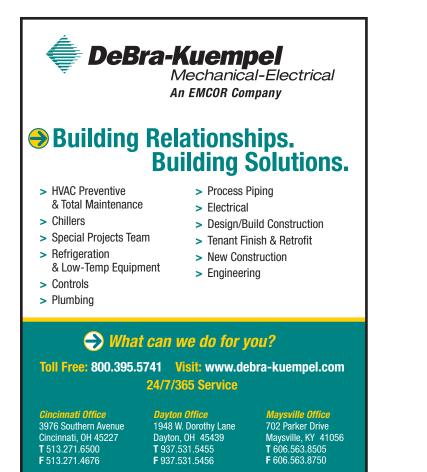
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Winter Safety Tips:

- Prevent falls by keeping your walkways free of snow and ice.
- Make sure the kids are bundled up (especially their head, hands and feet) before allowing them to go outside.
- Keep a safe stopping distance when driving on roads that are icy, snow covered or wet.
- Identify fire hazards and put preventive measures in place for protection.
- Have a fire escape plan and practice it will all members of your household.
- Portable heating units are often a cause of house fires, make sure you are using these units properly and safely.
- Do not try to warm your home by using the oven.
- Never leave an open flame unattended (wood burning fire, candles).
- Have operational smoke alarms on all levels of your home change batteries annually.
- Consider installing carbon monoxide detectors.
- Stay close to the floor when escaping a burning home.



The best way to predict your future is to create it!



The New Year

Whether it's a resolution you set for January 1, or a goal you start mid-year to reach, you can make the next year of your life a healthier one. Now is the time to take a honest look at the past 12 months and how you have taken care of your body.

The first step is to answer some hard questions. How does your weight compare to last year? Do you feel healthy with a lot of energy or tired all the time? Are you physically active? Be HONEST! You can't evaluate yourself and your lifestyle without being straight up honest!

Chances are you need to improve your diet and develop a fitness and exercise plan that fits your lifestyle. Let's focus this month on FOOD!

There are so many diets ranging from low carb to low fat to low calorie. Here just some ideas you might want to consider before tackling a new eating plan for the year.

• Do you have high blood pressure? If so you may wish to reduce sodium in your diet by avoiding canned and packaged foods.

• Are you overweight? You need to decrease your calorie intake or increase your amount of physical exercise. You can choose low carb diets or low fat diets, just be sure to watch your calories and portion sizes.

• Do you have diabetes? If so, then you need to reduce your sugar intake.

• Do you have high cholesterol? Increase your intake of soluble fiber like the fiber found in oatmeal. Fiber will lower your cholesterol levels. You should reduce your intake of saturated fats and increase your intake of omega-3 essential fatty acids from fish, flax, walnuts and canola oil. Here are some ideas to get started on healthier track to 2011!

A healthy diet should give you five to nine servings of fruits and vegetables per day, 25 grams of fiber per day, five or six ounces of protein per day and a small amount of omega-3 essential fatty acids each day all broken down to 5 or more small meals per day.

Instead of munching on junk food in the afternoon try some of the following snack ideas:

- Choose crunchy raw green beans instead of chips and serve them with a little of your favorite dip.
- Choose whole grain breads and pasta instead of white bread and white pasta.

• Skip the sugary desserts and have a small dish of fresh berries instead.

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• Use lemon juice instead of salad dressing.

• Choose low fat ground turkey instead of high fat ground beef.

Good luck in finding a new healthier you in 2011! There are very few things in the world we can control, but this is ONE of them! Take advantage of the fact that you own your body – you only get one of them. For more nutritional guidance, give me a call – I would love to help! In the meantime try this great recipe for breakfast, it's one of my favorites!

In Good Health,

~Amy Boeckmann, CPT - 937-603-5253

Breakfast Casserole

4 egg whites, ½ cup oats, 1 tsp vanilla, sprinkle of cinnamon or nutmeg to taste. Mix up and bake for 15-20 minutes at 350. ENJOY!





More gold has been mined from the thoughts of men than has been taken from the earth. So dust off the cobwebs and use all those great ideas you have!

Ringing Tigers Handbell Choir

Formed in 1998, The "Ringing Tigers" is Stivers School for the Arts' performing handbell group that has become well known for exciting presentations of a variety of music. The group consists of select eighth through twelfth graders who ring a five-octave set of Schulmerich handbells. The group meets daily to learn music theory, ringing techniques, showmanship, and a great variety of musical styles from classical pieces to the latest pop tunes. Their repertoire encompasses musical theater, jazz, classical, sacred, and patriotic genres.

The group was selected by blind audition to perform at the 2010 Ohio Music Educator Conference in January. This was their fifth performance at the state-wide conference. In November of 2003, the AGEHR Committee for Handbells and Handchimes in Music Education presented Stivers' handbell



program the 2003 Exemplary Award for Handbells/Handchimes. Stivers was one of two nationwide selected for this honor.

Each school year, they present 20 – 30 concerts throughout the Greater Dayton area. Starting in 2005, they began touring out of state. In Spring 2005, they conducted an eight-day performance tour in Pennsylvania, presenting concerts in the Pittsburgh and Philadelphia areas. During Spring Break 2006, they performed at the Douglas Anderson School for the Arts in Jacksonville, FI, on the main stage of the cruise ship Celebration, and at the Alliance Theater and Stone Mountain Park in the Atlanta, GA area. During their Spring Break in 2008,

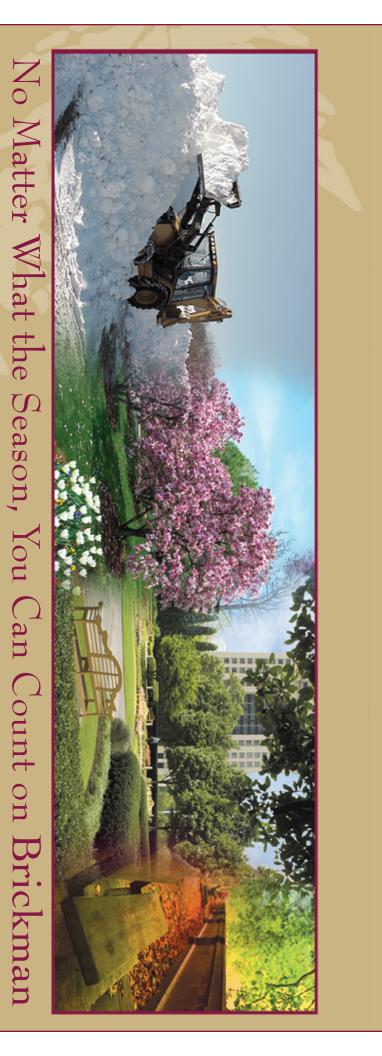
the Ringing Tigers performed in Toronto and Niagara Falls, Canada. This past Spring, the Ringing Tigers again conducted a performance tour in the South and onboard a cruise ship, the Fascination. The group obtains funds through performances, grants, fundraisers and donations.

Mrs. Matthews is the head of Stivers School for the Arts' Music and Piano Departments, director of the "Ringing Tigers" Handbells and chapter advisor of the Tri-M Music Honor Society. A music teacher for over 25 years, she earned a Masters in the Art of Teaching from Marygrove College and a Bachelor of Music Education, specializing in piano, from Mississippi University for Women.

Thank you for performing at Dayton BOMA's Holiday Luncheon!

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