

Division of Facilities



Newsletter



Happy New Year

As many in our K-State family have been hit with the flu and other ailments of the season, keeping those New Year's Resolutions is probably the last thing on our minds. Especially since half of those resolutions don't make it past January. However, with the Naturally Slim program starting this week, the ideas of losing weight and/or getting healthy are on the minds of many of us. If you struggle to stick to new habits and/or kick an old one, here are some helpful hints to get you closer to achieving your personal goals.

- **Specific.** Your resolution should be very clear and concrete. Making vague goals like "I want to lose weight" are setting you up for failure. Instead, decide how much weight you want to lose and at what time interval. Losing 5 pounds in two months is very doable.
- **Measurable.** This is important for weight loss or fitness goals but it can be used to cut back on something too... like binge-watching Netflix! Set an egg timer to allow yourself a certain amount of time and commit to doing something else when the buzzer goes off. It also helps to log progress in a journal or by using an app on your phone. Physically logging your progress is a great way to reinforce behaviors that lead to success, no matter what your resolution may be.
- **Achievable.** Set big goals but be sure to break them up into smaller ones that will not seem so overwhelming. If you are trying to save for retirement, be realistic about the amount you can save each month. Even if it is \$50, you will enjoy the success of meeting a small goal en-route to achieving the larger one.
- **Relevant.** Ask yourself what is your motivation for achieving your goal? If you are motivated by guilt or a momentary "high" than it won't be enough to keep you going. However, if you spend some time thinking about how your goal will improve your quality of life, your relationships, or just your over-all well-being, you have a significantly greater chance for success.
- **Time-bound.** Like achievable, the time-line to reach your goals should be realistic too. Give yourself enough time to achieve the smaller goals along the way. Charles Duhigg, author of "The Power of a Habit" said

"If you're building a habit, you're planning for the next decade, not the next couple of months."

Don't Forget!

The Division of Human Capital Services is now accepting nominations for staff awards. In addition to the **Unclassified Professional Staff Awards of Excellence** and **University Support Staff Awards of Excellence**, there is a new

award opportunity, **The Belonging Award**, for both unclassified professionals and university support staff designed to recognize outstanding efforts toward building a more inclusive environment at K-State:



- **K-State University Support Staff Belonging Award** – Recognizes outstanding work on inclusivity and belonging efforts at K-State. All university support, benefits eligible staff members (full or part time) are eligible to be nominated.



- **K-State University Support Staff Awards of Excellence** – Recognizes exemplary performance and contributions of university support staff members who excel in their positions and demonstrate integrity and strong commitment to K-State's mission. All university support, benefits eligible staff members (full or part time) are eligible to be nominated. One winner will be selected from each of the following three categories:

1. Office & Clerical
2. Technical & Professional
3. Service, Maintenance & Skill Crafts



- **President's Award of Excellence for Unclassified Professionals** – Recognizes unclassified professional staff members who achieve excellence and/or make exemplary contributions to the mission and values of K-State. Unclassified professional staff (or non-faculty) with a minimum of three years of continuous service who are employed at five-tenths or greater on a regular or term appointment are eligible. One winner will be selected from each of the following five categories:

1. Team Building, group activity, service to the university
2. Exceptional productivity, creativity or innovation
3. Distinguished accomplishment
4. Leadership
5. Belonging – new in 2018



****IMPORTANT NOTICE**:**

All nominations require a **completed nomination form AND two letters of support** from other individuals. All **nomination forms** and **accompanying letters** of support are **due by February 16**.

Please visit the **Human Capital Services** webpage for more information.

<http://www.k-state.edu/today/announcement.php?id=38842>



Saying Goodbye to One of Our Own...

The Division of Facilities and the rest of our K-State Family said a difficult goodbye to a dear friend and co-worker.

James Bellamy passed away unexpectedly on Tuesday, January 23rd at Stormont-Vail Hospital in Topeka. James was a friendly, familiar face among our Facilities Family and worked for K-State's Telecommunications for the past 24 years. He was a kind and generous man who will be deeply missed by all who knew him. We extend our deepest sympathies to his family and friends during this difficult time.



Many Thanks...

...TO JEANETTE JOHNSON & FACILITIES STAFF for all the work they have done to help CATS' CUPBOARD, the K-State food pantry.

-Erin Bishop, Food Pantry Coordinator

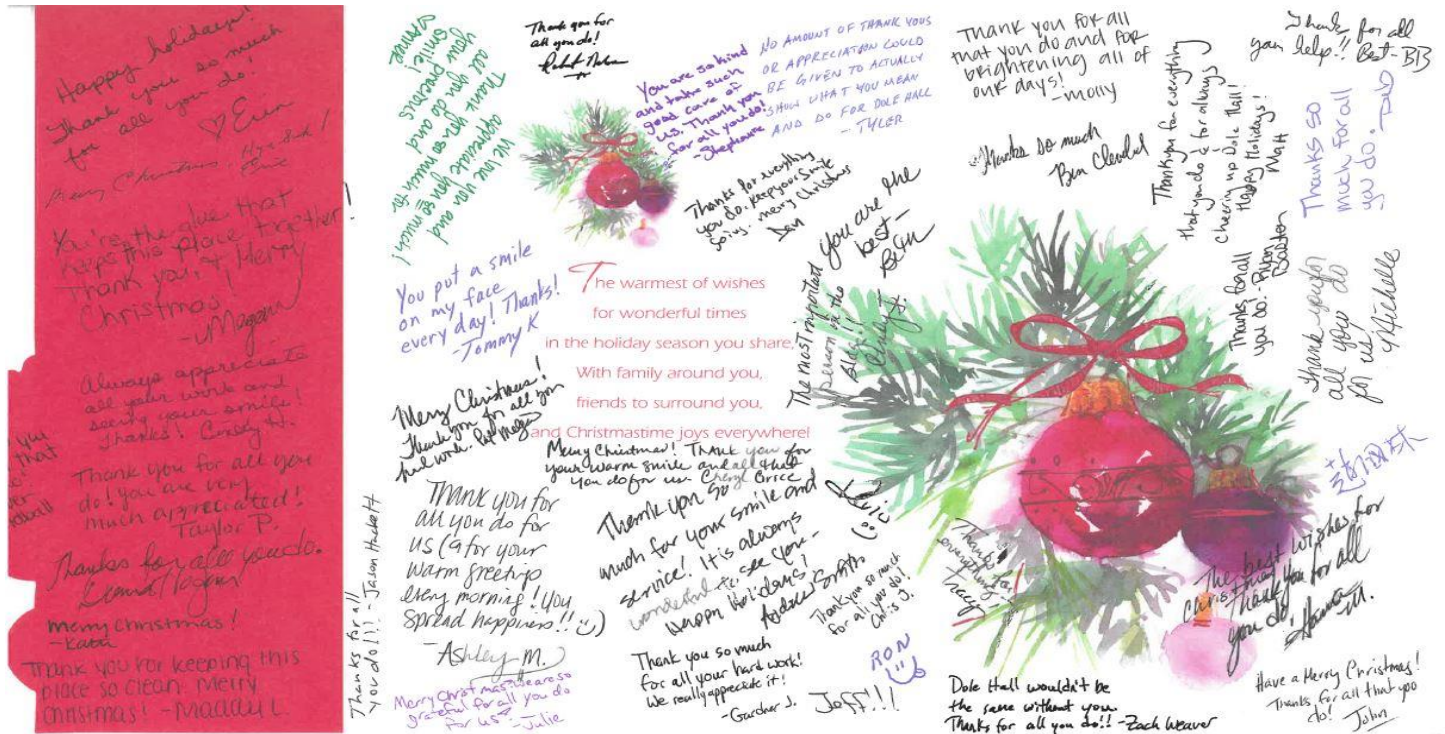
Jeanette + Staff
maintenance / Facilities

Thank you for all you
do to help the pantry!

We ♡ you!

Erin - 009 Farechik

...TO HYSUK STODDARD for all of her hard work caring for Dole Hall and the K-Staters that work there.



...TO ALL FACILITIES STAFF WHO WORKED ON THE NATATORIUM

Hello all,

The Athletic Director at Manhattan High School stopped me today during their swim meet to express his (and the swim coach's) appreciation for efforts being made in the Natatorium to improve the air quality. He stated he had not been in the Nat since the end of their spring season (May) and he was "blown away" by the marked difference in the air quality stating "... the difference is just unbelievable. They have done a fantastic job."

He praised K-State several times and noted that he could see there were things being done to try and improve that situation. Thank you for your continued efforts. -Val



-Valerie Coltharp, Program Associate, UFM Community Learning Center

... TO THE ORGANIZERS OF THE “SUPERVISOR TOOLKIT CLASS”

Good morning everyone!

It was great having you in the Supervisor Toolkit class at K-State last month. Larry and I would like to thank you for the wonderful hospitality we were shown. I have attached a class photo that we took. We wish you all the best in your careers in Facilities Management.

Best,

Steve

-Stephen D. McClain, CMMS/Training Coordinator, University of Arkansas



Just For Fun

K-State's Recycling Department entered a float in the Manhattan Mayor's Holiday parade last month. The float was built by Kelly & Mark Whitehair and Dianne & Bill Spiegel.

Great Job!



Happy Retirement!

Retirement

NEXT EXIT ➔

Congratulations to several members of our Facilities Family who have recently reached that beautiful season of life called, “retirement”! Thank you for your valued years of service and we wish you all the best as you begin this next chapter in your life!



Eugene Williams

Custodial Specialist for Steve Greinke's crew



Mary Walgrave

Landscape Tech II for Joe Myers crew



Augie Gonzales

Landscape Tech II for Joe Myers crew



Kris Fulkerson

Storeroom & Procurement Manager



Welcome To Our TEAM!

The Division of Facilities is always excited to welcome new employees to our Facilities Team. It takes a lot of man-power (and women-power!) to keep our campus running smoothly so we are glad YOU'RE HERE!



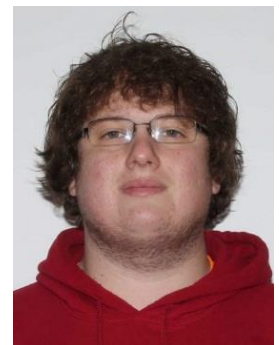
Justin Shank was hired as an IT Support Specialist for Space Management. He is working for Heather Mills

Branden Helvie was hired as a Custodial Specialist. He is working for Chaz Jackson.



Drew Alexander was hired as a Custodial Specialist. He is working for Stephanie Brecheisen.

Nathaniel Settle was hired as a Custodial Specialist. He is working for Roger Schneider.



JANUARY BIRTHDAYS

JAN 1ST – ELISABETH JULIANA

JAN 2ND – VALERIE ELWELL

JAN 3RD – BARBARA LARSON

JAN 4TH – DONALD DEWITT & TERRI WYRICK

JAN 5TH – DONALD ENGELKEN

JAN 6TH – BILL SPIEGEL

JAN 12TH – JANET WEEKS & ALEXANDER SCHUMP

JAN 13TH – RYAN SWANSON

JAN 14TH – ORLANDO WRONE

JAN 15TH – BRIGETT UMSCHIED

JAN 16TH – RACHEL LINGENFELTER & EVELYN NEGRON

JAN 19TH – DAVID BAMMES

JAN 21ST – STEPHEN ANDERSON

JAN 23RD – JACK CARLSON

JAN 24TH – DARREN IVEY

JAN 25TH – TRAVIS HOMEIER

JAN 27TH – BURT PEARSON

JAN 30TH – ROY JOOSTEN

JAN 31ST – STEVEN RICKER



FEBRUARY BIRTHDAYS

FEB 2ND – SCOTT WILBURN

FEB 4TH - ROBERT CRIDER & VELDER BOOTH

FEB 5TH – GRETCHEN JOHNSON

FEB 7TH – JUDY FIEGENER

FEB 9TH – CALVIN LAW & JEAN REYNOLDS

FEB 10TH – ED HEPTIG

FEB 12TH – TAMMY POWERS

FEB 13TH – THOMAS OBRIANT

FEB 14TH – JOSH RICKER

FEB 15TH – JEANETTE JOHNSON

FEB 16TH – ARTURO SIAS III

FEB 21ST – ED EVANS, JIM TEBUTT, & DAMON LEE

FEB 22ND – CLIFFORD WILLIAMS & MARY GRUBBS

FEB 23RD – MATT MARSH & JONATHAN BAGWELL

FEB 24TH – RUSSELL THOMPSON & SHAWN WILSON

FEB 25TH – THOMAS COOK

FEB 27TH – DAN MARSHALL

FEB 28TH – ROB MAYFIELD



MARCH BIRTHDAYS

**MAR 2ND - SU MALONEY, JOE MYERS, DAVID MCMULLEN
& JOSH SEWARD**

MAR 3RD – SUSAN KENT & ROGER SCHNEIDER

MAR 4TH – TIM BRUNNER

MAR 5TH – ANNE MURPHY & CLINTON GRUBBS

MAR 6TH – MICHAEL PRICE

MAR 11TH – ROBERT MOTLEY & ROMMEL CABILLAN

MAR 12TH – KELVIN ATKINS

MAR 13TH – GINA JOHN

MAR 14TH – SEUNG YEON SO

MAR 18TH – DIANE WESTER

**MAR 19TH – TOM BARTLETT, DAN BOLLER, TRISTAN BUSS,
CHONG ALDRIDGE & DARRELL NELSON**

MAR 20TH – CHARLES KRANZ

MAR 22ND – NICOL SKINNER

MAR 23RD – STEVE ROWE

**MAR 24TH – BRIAN MORGAN, WILLIAM HYNEK
& HARRY SENDER**

MAR 25TH – STEPHANIE BRECHEISEN

MAR 28TH – MARLA CAIN

MAR 31ST – JERALD HUNTER

