

F. M. News

K. S. U., Division of Facilities

Newsletter, June 2010



Unleashing your potential

In these difficult times, when change is rampant and thoughts of disillusion enter in, two words come to mind, **persistence** and **endurance**.

Persistence means continuing to work toward a goal even when it takes a long time or things get tough. Without persistence, obstacles stop us; with persistence we learn from our failures – we work with them and use them as stepping stones instead of barriers. Persistence allows us to succeed where otherwise we might fail, because much of what matters in life requires sustained efforts and repeated attempts. The greater the accomplishment we seek, the more likely this is to be true. Persistence in the service of a higher goal calls out many other virtues in us, because in order to persist we have to push ourselves beyond what is comfortable.

Endurance is the ability to sustain over time, to call from ourselves renewed commitment and effort when we are confronted with challenges or hardship. Endurance often requires tolerating discomfort, and may call on us to reach for resources and stamina we are not certain we possess. Endurance means that we remain steadfast even through criticism, monotony, and discouraging odds.

In light of these two words, ponder the following quotes:

Strength does not come from physical capacity. It comes from an indomitable will. Mahatma Gandhi

In one and the same fire, clay grows hard and wax melts. Francis Bacon

Patience and tenacity are worth more than twice their weight of cleverness. Thomas Huxley

Take down the stones from the wall and use them to cross the river. Brynn Arborico

When you get into a tight place and it seems that you can't go on, hold on--for that's just the place and the time that the tide will turn. Harriet Beecher Stowe

For me, losing a tennis match isn't failure, its research. Billy Jean King

Perhaps we could... "Think Like a Tree"

Soak up the sun
Affirm life's magic
Be graceful in the wind
Stand tall after a storm
Feel refreshed after it rains
Grow strong without notice
Be prepared for each season
Provide shelter to strangers
Hang tough through a cold spell
Emerge renewed at the first signs of spring
Stay deeply rooted while reaching for the sky
Be still long enough to
hear your own leaves rustling

Karen I. Shragg, taken from *Tree Stories: a Collection of Extraordinary Encounters*

We could agree with *Prav's World*:

It's Madness...

To hate all roses, because you got scratched by one thorn.

To give up all your dreams, because one did not come true.

To lose faith in prayers, because one was not answered.

To give up on your efforts, because one of them failed.

To condemn all your friends, because one of them betrayed.

Not to believe in love, because someone was unfaithful.

Remember that, another chance may come up.
A new friend, A new love, A new life.

Never give up on anything!

In 1941, in the depth of World War II,
Winston Churchill spoke these words:

“Never, never, never give up”



Now that, my friend, is good advice!

My Piece of the Picture...



Penny Funkhouser started working at Facilities Custodial Services in 2007. She is responsible for keeping the Foundation clean.

Three of the things Penny likes about her job, is the location she works at, her work partner and the building users.

If Penny could implement a positive change to her department, she would provide extra people that were called the “Float Group”. They would move from one area to another area where there is shortage of workers due to sickness or vacation etc. This would allow the regular workers to do their job appropriately without extra stress of doing both their work and another worker’s job.

She believes she contributes to the success of Facilities by keeping the building maintained and cleaned for the visitors and staff, in order for them to work in a healthy environment.

Most people don’t know Penny worked as a janitor at a winery in California. She said they made \$20.00 an hour but the work was harder and more detailed.

Thanks, Penny, for your hard work and showing the rest of us “Your Piece of the Puzzle.”

Annual Training Requirements...

Three years ago, Facilities revamped the training and safety program to insure we are protecting our workers and Division of Facilities is compliant with regulations and laws that govern our operation. We started off

with a Safety & Health Orientation that all employees took part in. This program is now taught to each new hire prior to starting their job.

Last year, Sandy visited each shop and crew reviewing and refreshing annual safety components during the Job Hazard Analysis and Departmental Orientation Training.

This year Granger has graciously agreed to sponsor a Vendor Safety Fair in conjunction with this year's annual safety training.

On **June 30th** at the K-State Union there will be four **Safety Workshops** located in room 212.

Session 1 starts at 8:00 am
Session 2 starts at 10:00 am
Session 3 starts at 1:00 pm
Session 4 starts at 3:00 pm

Each session includes a 75 minute workshop followed by a 45 minute tour of the Vendor Fair. Employees will be able to look at products and visit with knowledgeable representatives from the 18 to 20 vendors who will have booths. The Vendor Fair will be located in the K-State Union Ballroom.

Important: Every Facilities employee, from all areas, needs to attend one of the 4 sessions. Contact your supervisor and sign up. The Supervisor must return the sign up sheets to Sandy by June 18th.

More information will be sent out in the near future, but get this date saved on your calendars today!

***Anybody can grab a Tiger by the tail.
You only survive by knowing what to do next. Unknown***

Who's New...

May 3, 2010:

Burt J. Pearson was hired as a temporary Custodial Specialist. He is working for Warren Berg on the Custodial day crew.



JUNE BIRTHDAYS

- 6-1 Mark George, Julie Porter
- 6-4 Rob (Lyndle) Slattery
- 6-6 John Zeller, Pat Gardner, Gary Morgan
- 6-7 Charlotte Boger
- 6-8 Dianna Schwerdt
- 6-11 Brant Mellies
- 6-12 Brian Prockish, Loleta Sump, Nick Garcia
- 6-14 Jim (Carnie) Kuhn
- 6-17 Calvette Williams, Shelly Hauck
- 6-18 Vergie Bowen, Troy Bronaugh, Adrian Harrison
- 6-20 Richard Kleiner, Kelli Henderson



Fathers Day
June 20th

- 6-22 Ken Marinhagen
- 6-24 Michael Harris
- 6-26 Kirk Norris, Ed Asebedo
- 6-28 James Walker
- 6-29 Margaret Blair
- 6-30 Tony Whetstone



What is Phantom Load?

Phantom load is the electricity used by appliances and electronic equipment even when the device is turned off or not being used. It has been estimated that 40% of the electricity used in the U.S. is wasted in the form of phantom load. For example, an LCD TV may still draw power even when it's off, because it is waiting for a signal from the remote. It can use 24 watts just being plugged in but not in use.

To eliminate phantom load, plug items like TVs, DVDs, VCRs, and computers, into a power strip and turn the power strip off to ensure the devices are not drawing power. Alternatively, you can plug such items into an outlet that is controlled by a switch on the wall. A new "smart power strip" was recently introduced on the market that knows when electronic equipment has been turned off, and it automatically powers it down further to eliminate phantom load. Check your local hardware or home improvement store for availability.

Here is a chart listing some of the watts wasted by common appliances through phantom load.

Phantom Load Estimates

Electronic Device	Est. Watts used/hour	Est. Kwh/month used	Est \$/month
PC, router, and printer	35	25	\$2.00
Digital cable box	35	25	\$2.00
Tivo or digital recorder	35	25	\$2.00
LCD TV (40")	24	14	\$1.50
Cell phone charger (not charging)	1	0.75	\$.06
Clock radio	1	1.5	\$.12
Treadmill	2	3	\$.25
Microwave	4	0.75	\$.06
Satellite receiver box	1	9	\$.75
Garage door opener	12	9	\$.75
Security system	18	13	\$1.10
Answering machine	2	1.5	\$.12
TOTAL	181	127.5	\$10.71

Taken from Westar Energy News

President Kirk Schulz has posted a letter to the K-State community. Please take the time to read his thoughts after his first year hear at Kansas State University.

<http://www.ksu.edu/president/letterstocampus/>