

F. M. News

K. S. U., Division of Facilities

Newsletter, October 2010



Unleashing your potential

THINK LIKE A GOLFER

I found one of the keys to life on a golf course. Golf course, you might wonder? How could a game that makes grown men cry like babies and throw their clubs like toddlers hold the key to anything but frustration and pain?

It's simple really. The amazing thing about golf is that at the end of the day golfers don't remember the multitude of horrible shots they made. All they remember is their one great shot and this memory inspires them to come back again and again in an attempt to make another great shot. It's no wonder that golf is so addicting.

I couldn't help but compare this thought process to how many of us approach work and life. Instead of focusing on the one good thing that happened to us each day we often think about the 100 things that went wrong. Instead of thinking about our successes we replay our failures over and over again in our mind. No wonder why so many of us retreat from life and work instead of getting addicted to it.

The key is to think like a golfer and remember the one great conversation, the one energizing meeting, the one act of kindness, the one meaningful accomplishment or the one special moment that made you smile, laugh and cheer.

No matter how difficult our days are, there's always a positive moment we can choose to focus on. The key is to remember them, focus on them and get addicted to them. Let them inspire you to wake up and take on each day just as you would a golf course. You'll go through life learning from your mistakes but remembering and focusing on your successes.

Sure, there will be days that make you want to give up but the memory of your successes and positive experiences will motivate you to come back again and again. You'll forget the 100 things that went wrong and you'll remember the one thing that went right. You'll get addicted to the moments that make life the greatest game in the universe and you'll intoxicate yourself with positive energy, happiness, joy and success! -Jon

Jon Gordon is a leading authority on developing positive, engaged people, leaders, businesses, schools and teams and the author of several books including the international best seller The Energy Bus: 10 Rules to Fuel your Life, Work and Team with Positive Energy.

K-State Benefits Expo



On October 7, 2010 the annual benefits fair will be held at the K-State Union. There will be two health insurance information meetings at 8:30 am and again at 3:30 pm. A financial and retirement planning session will be held at 10:30. Both of these meetings are open to all employees. A pre-retirement planning session will be held at 12:30 for KPERS members. All

of the above events will be held at Forum Hall. Exhibit and information booths will be in the Ballroom opening at 10:00 am and closing at 3:30 pm.

On October 21, 2010... R.J. Steelsmith, from Human Resources, will be presenting four information sessions to Facilities employees about the changes in the 2011 health insurance. These sessions will be a repeat of information that will be presented at the benefits fair. Employees have until the end of October to make changes to their health insurance. They can add or drop people to their policy, change insurance carriers or doctors, or add extra vision coverage. Also, non-smokers must declare their status on line in order to receive the saving of \$20.00 per paycheck on their premiums. In fact all insurance changes will need to be completed on line this year. If you are unable to attend the benefits fair or want more information on this, look for the flyer that will be sent to supervisors the first week in October.

My Piece of



the Picture...

Thomas Shump has been working for the Facilities for last 11 months. He works in Support Services in room scheduling.



Giving us facts about his job, Thomas states he "Provides information concerning availability of, and perform scheduling for 120+ general use classrooms. Sends out confirmation of processed events either electronically or physically, file forms accordingly and inform necessary contacts of pending reservations." He adds he, "sounds super nice on the phone".

When asked the three best things about his job, he said, "Love my boss, she's a great person who really understands the "Golden Rule". My co-workers make me laugh, if someone is missing on any given day it's just "too quiet". I don't go home and complain about my day anymore.... what a wonderful feeling!"

If Thomas could implement a positive change to our organization, he states, "I would re-vamp the entire work week schedule, I mean really who was it that came up with this format? Instead of 5 days on, 2 days off, I would make it a 3/3/1. 3 days of work, 3 days off, and then you get to decide how you want to spend your 7th day, kudos to those who want to work! Now if I just knew who I had to submit this suggestion to..."

I feel my position contributes directly to the success and organization of the university. It is important to have events scheduled and reflecting correctly in all applications that are viewable to faculty and students. Organization is key.

Many folks may not know that he "Loves plants, does models for hobbies, misses singing something terrible (haven't performed since high school,) and really want to pursue my education."

Thanks Thomas, for sharing your Piece of the Puzzle and your terrific sense of humor also.

Send "Your Piece of the picture information" to:

<http://www.ksu.edu/facilities/forms/Piece.html>

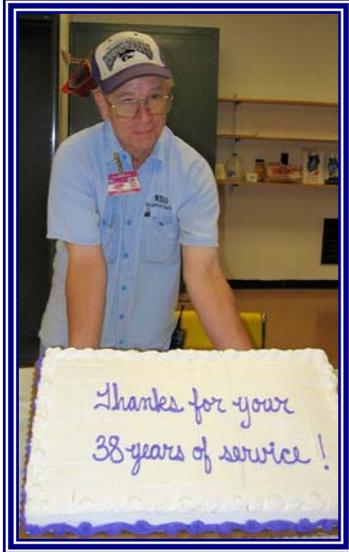
Common sense and a sense of humor are the same thing, moving at different speeds. A sense of humor is just common sense, dancing.

~William James

Retirement!

Thomas McHugh retired from Facilities August 31, 2010 after 38 years of service for K-State. Tom worked for Custodial Services

Best Wishes and have fun fishing, Tom.



September 13, 2010

Kristin Muehleisen was hired as a Custodial Specialist. She is working for Michael Harris on the Vet Med custodial crew.

Thomas Edwards was hired as a Custodial Specialist. He is working for Michael Harris on the Vet Med custodial night crew.



Who is New...



August 31, 2010: Fred Bammes was rehired as a temporary Procurement Officer. He is still working for Tim Poell in the Storeroom.



September 20, 2010

Kelly E. Graves was hired as a Custodial Specialist on the Salina Campus. She will work for Darrell Betzner.

September 2, 2010: Younwong Kwon was hired as a temporary Custodial Specialist. He is working for Michael Stoddard on the Custodial Night Crew.



October Birthdays



10-1 Lori Poeske, Rick Renner, Christina White

10-2 Tony Stevens

10-3 Dan Engelbert, Diana Hollingshead

10-5 Hulan Jack

10-6 Vince Petre, Mark Taussig

10-8 Kerry McDonald, Travis Quigley

10-9 Todd Neipert,

10-11 Penny Funkhouser

10-12 Stephen Williams

10-13 Janice Whaley

10-14 Howard Clark

10-16 Peggy Grater

10-17 Ryan Holle

10-19 Stacy Mahan

10-21 Martin Snyder

10-24 Rod Hodges

10-25 Larry Lee

10-26 Roger Hageman

10-27 Michael Reasoner, Michael Hayes

10-30 Kristina Pelky, Larry Hamilton

10-31 **Halloween!** Lynn Salsbury, Joel Groninga, Janice Rood, Ken Kary



All University Campaign Packet distribution is beginning in your area for the All University Campaign. The most important thing about the campaign is that all University employees pull together to show how much we care and support each other. It's not how much you give but participation that counts. Someone will be coming to your area to share with you about the campaign. Show your purple pride and be a part of the K-State University family.

If you have any questions about the All University Campaign you can contact Co-Chair Terri Wyrick or committee members Loleta Sump, Jackie Toburen, Kristina Pelky, Shelly Hauck, and Mark George.

~ Terri Wyrick

Safety Sandy turns 50!



Sandra Hoffman was surprised with a birthday party by her co-workers Monday, September 27th. Several of the attendees are shown below.

They listed their names as:

See No Evil, Hear No Evil and Speak No Evil.



We turn not older with years, but newer every day.

- Emily Dickinson

We are always the same age inside.

- Gertrude Stein



With colder weather headed our way in the months ahead, now is the perfect time to talk insulation in order to better understand its value and purpose.

Insulation slows heat transmission in two important ways:

1. Reducing heat radiation and convection within walls and ceilings,
2. Forcing heat to conduct through air, instead of through walls and ceiling surfaces.

Insulation's ability to retard heat flow is measured by its R-value. "R" stands for thermal resistance, and is affected by Material, Thickness and Density. The "R" value is what saves homeowners money, by rejecting unwanted heat transfer.

Three major types of insulation exist on the market today: Fiberglass, Cellulose, and Foam. The following chart lists the properties of each with respective R-values.

	Blown-in	Batts	Board	R/inch	Cost / Sq ft
Fiberglass	X	X	X	2.4 - 4.4	\$ 0.8 - \$1.50
Cellulose	X			3.0 - 3.6	\$ 1.00 - \$1.25
Foam	X		X	3.6 - 5.0	\$ 1.00 - \$ 2.00

Fiberglass is made from melting glass and spinning the molten fibers as they cool. Cellulose is made from ground-up newspapers and wood waste that is treated with fire

retardants. Foam comes in many varieties, from 1 and 2 part spray applied, to extruded rigid panels.

Home owners are eligible for a tax credit of up to \$1,500 for 30% of the costs of qualified energy efficiency improvements made to their homes before December 31st 2010.

For more information on Insulation, visit:

<http://www.ornl.gov/sci/roofs+walls/facts/Insulation%20Fact%20Sheet%202008.pdf>

~ Casey Lauer, Director of Energy