

# F. M. News

K. S. U., Division of Facilities

Newsletter, January 2011



Unleashing your potential



**Do you know the benefits and power of those two simple words?**

They are two words that have the power to transform our health, happiness, athletic performance and success. Research shows that grateful people are happier and more likely to maintain good friendships. A state of gratitude, according to research by the Institute of HeartMath, also improves the heart's rhythmic functioning, which helps us to reduce stress, think more clearly under pressure and heal physically. It's actually physiologically impossible to be stressed and thankful at the same time. When you are grateful, you flood your body and brain with emotions and endorphins that uplift and energize you rather than the stress hormones that drain you.

Gratitude and appreciation are also essential for a healthy work environment. In fact, the number one reason why people leave their jobs is because they don't feel appreciated. A simple thank you and a show of appreciation can make all the difference.

Gratitude is like muscle. The more we do with it the stronger it gets.

Doug Conant, the CEO of Campbell Soup, has written over 16,000 thank you notes to his

employees and energized the company in the process. Energize and engage your co-workers and team by letting them know you are grateful for them and their work. And don't forget to say thank you to your clients and customers too.

What about making 2011 a better year for you and for others by using "The Power of Thank You" ~Jon Gordon~ [www.JonGordon.com](http://www.JonGordon.com).

"January is here, with eyes that keenly glow, a frost-mailed warrior striding a shadowy steed of snow."

- Edgar Fawcett



## Who is New...

November 29, 2010:

Gayla M. Harris was hired as a Custodial Specialist. She is working for Noel Kramer on the Vet Med Custodial day crew.



December 6, 2010:

Daniel Boller was hired as a temporary Custodial Specialist. He is working for Steven Greinke on the Custodial night crew.

December 13, 2010:

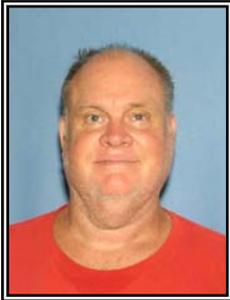
Temporary employees Alina Cummings, William Zoeller, Wayne Kemnitz and John Lehmer were hired as permanent classified Custodial Specialists. They are working for Mike Stoddard on the night Custodial crew.



Alina Cummings



William Zoeller



Wayne Kemnitz



John Lehmer

December 13, 2010:

Jason M. Griffiths was hired as a temporary Custodial Specialist. He is working for Mike Stoddard on the Custodial night crew.



December 16, 2010:

April Wyrick was hired as a temporary Custodial Specialist. She is working for Rod Hodges in the Ahearn Complex.

## Winter Birthdays....



1-1 Victoria L'Ecuyer, Darius Clark

1-3 Barb Larson

1-4 Terri Wyrick, Darrell Betzner

1-5 Don Engelken

1-6 Bill Spiegel

1-11 Kathy Henry

1-21 John Lantz, Steve Anderson

1-23 Jack Carlson

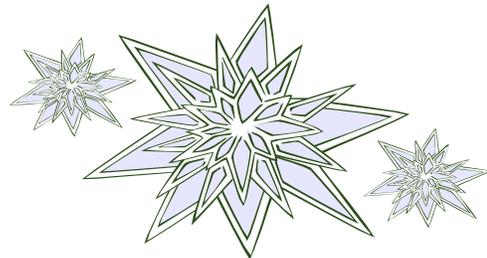
1-25 Travis Homeier

1-27 John Woods

1-29 John Hewitt

I was born in my parents' bedroom on January 16. The World Almanac says it was 1909. I say it was 1912. But what difference does it make as long as I feel 33?

~ Ethel Merman



## Retiring in December

The employees retiring in December have given over 135 years of accumulative service to the State of Kansas and Facilities. Facilities would like to thank you for your service and wish you a long and healthy retirement.



### December 10, 2010

Larry Hamilton retired from the Grounds Department. Yes, Larry is in the center, the one holding the crow; a gift from his co-workers. Larry started in Custodial Services then moved to Grounds, finishing his career at Vet Med. Pictured with his co-workers (front left) is David Stuhlsatz, Carol Foveaux, Larry Hamilton, Donnie Silva. Back row: Tyson Cox, Chris Hamilton, John Lacy, Mary Walgrave, Michael Reasoner.

**On December 10, 2010** Martin Snyder, Physical Plant Supervisor Specialist for Utilities based in the Power Plant retired. Martin's hobby of wood carving and the outdoors prompted Dave Gronquist to finish a native wood base for the retirement plaque the Storeroom engraved and mounted.



### December 14, 2010

Two employees retired on this day:

Arlyss Wendland worked for Facilities Financial Services for 25 years, starting in 1985. Arlyss worked as a Senior Administrative Assistant.



Diana Manns worked for 10 years as a Custodial Specialist, most recently under Rod Hodges in Custodial Services.



Mike Feldhausen retired **December 27, 2010**.

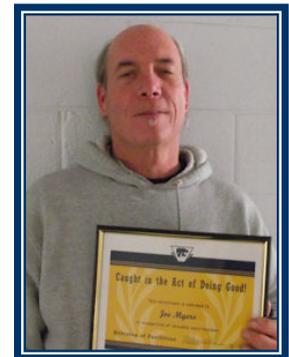
Mike finished his long career working as a GMRT SR. for ZPM in the HVAC Shop.

## Caught in the Act of Doing Good!

### Kudos to Joe Myers

Grounds Department

Joe is the kind of guy that is a pleasure to have as a co-worker. Facilities Storeroom had a minor crisis happen. Their forklift



operator needed to re-certify with a driving evaluation. Most departments are shorthanded and there is never enough time in the day to get everything done, but the forklift operator could not drive the forks without the certification being completed. Joe Myers came to the rescue. Even though Joe is in charge of all the grounds area here on main campus and had other duties within his area, he took the time to help out a co-worker and completed the driving evaluation so operations could continue as needed in the storeroom. Not only did he take time from his duty to help out another department, his attitude about all this was tremendous. Joe and I had several phone, email, and one in person conversations. His professionalism was of the highest caliber and within several hours everything was taken care of. This is not the first time Joe has stepped “out of his area” to aide another Facilities department. He also made a trip to the Salina campus to give a few forklift driving evaluations to those folks. Special thanks go out to Dave Gronquist and John Woods for allowing this overlap. After all...“We are all Facilities!”

Kudo’s to Joe Myers for going above and beyond his normal duties to help out a co-worker. Thanks, Joe, for all you do.

~Lynn Salsbury

Have you experienced or noticed a Facilities employee who is doing their job above and beyond the call of duty? If you see them doing random acts of kindness or going out of their way to help you or others in your area, building, or department, we want to know about it? So often the focus is on the negative aspects of a situation; however, we would like to accent the positive and give recognition to our workers for a job well done. This is open to all Facilities employees, no matter what their role in our Division.

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



## *My Piece of the Picture...*

Randall Lindstrom

Randall has worked in the HVAC Shop for two years and three months.

Randall works mostly on window air conditioners on Campus. During the summer months they work on units that have been called in with problems. During the winter they try to look at all units, pulling them if they need service. The students hired by HVAC are very important in helping get the job done.

He has knowledge on household appliances. If a refrigerator, freezer, or similar appliance is having problems, he tries to repair it.

Another part of his job is to keep the shop area clean and organized, to the best of his ability. He will help the technicians locate or find items they may need if it is there in the shop.

Randall keeps up with all the safety requirements that have been started in the last couple of years. He passes this information on to staff and other technicians.

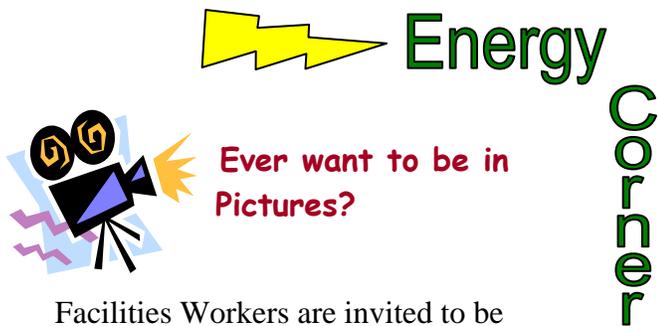
“When I get up in the morning, I look forward to coming to work. I enjoy being around my fellow workers, interacting and kidding around with them. I like being on campus, visiting with faculty, students, staff and all others. The scenery is also enjoyable.”

If Randall could implement a positive change to our organization, he would like for it to be possible to involve someone from the various shops in the planning stages of major projects.

This would be people responsible for the maintenance of the facility and with knowledge in their field. He has seen a lot of wasted time on maintenance because of a poor building design.

Randall believes his position contributes to our success by repairing or getting the product he is working on completed as soon as possible. He said this keeps people in a good mood and that makes everything go better.

Most people may not know Randall worked for Sears as an in home technician for 36 years.



Facilities Workers are invited to be "Extras" in the Energy Videos...

The Division of Communications and Marketing will be creating a video on behavioral energy savings approaches at K-State. The short, web-based segments will showcase Energy Savings techniques specific to the K-State Community, with humor and wit. Ideas for the video initially came from Courtney Emery, a student working in the planning office after she gave advice on a preliminary script for the series.

This video will be themed similar to the Terry Tate- Office Linebacker commercials, but with a different spin: "The conservation crusaders" will be a female coach/cheerleader/motivator/drill sergeant, with Willie the Wildcat as her enforcer.

**We are looking for people to fill roles in this video.** This will be on a non-paid, volunteer basis. Anyone interested in being an extra,

background or minor part in the film should contact:

Timothy Manning,  
Television Producer/Director  
VP Communications and Marketing

E-mail: [tnmann@ksu.edu](mailto:tnmann@ksu.edu)  
Office phone: (785) 532-3155

Do this before January 1<sup>st</sup>, 2011 or shortly thereafter.

The segments will appear in 30 second spots, and can be combined for an approximate 4 minute energy video which will likely be showcased on the KSU website, cable TV and City of Manhattan stations. This video will likely also serve as advertising for the Take Charge Energy Challenge between Manhattan/KSU vs. Lawrence/KU. This 9 month competition will start January 1<sup>st</sup> with the winner earning \$100K.

For additional information about the video and how to get involved, contact Casey Lauer at (532-2578).

**"Bare branches of each tree on this chilly January morn look so cold so forlorn.**

**Gray skies dip ever so low left from yesterday's dusting of snow.**

**Yet in the heart of each tree waiting for each who wait to see new life as warm sun and breeze will blow, like magic, unlock springs sap to flow, buds, new leaves, then blooms will grow."**

~ Nelda Hartmann, *January Morn*

