

The Facilitator

News from the Boston Chapter of IFMA
The International Facility Management Association

Sheila Sheridan is sworn in as Chairman of IFMA International

Dateline Toronto, October 8th 2002.

Shelia Sheridan, Director of Facilities and Services at Harvard University's JFK School of Government will serve as Chairman of IFMA International for 2002/2003. Below appear excerpts from her inaugural address.

"In the coming year, I would like to make it my mission to heighten our awareness of an area requiring IFMA's attention – one that has not yet reached a level of emergency, but may soon if we do not begin to act. A new security for our planet is tied to the environment and many of the challenges concerning security are also threats to the sustainability of Earth."

"Necessity is often a fine motivator, and as our colleagues in California learned the hard way, the need to conserve energy and use it wisely is very real. We cannot take for granted that any of our



resources are in infinite supply. IFMA has demonstrated its commitment to this cause by co-sponsoring and participating in The World Summit on Sustainable Design in conjunction with the Global Alliance for Building Sustainability in Johannesburg, South Africa in August."

"Our leaders around the world in chapters and councils and other organizations related to facility industry must work together through alliances to achieve the greater good for our built environment, wherever that may be, today or in the future, on the face of Earth or floating out in space in a shuttle."

"In closing, I would like to leave you with this challenge, I'd like to ask you to please make it your personal and professional mission to contribute to environmental responsibility for the benefit of your organization, the workers you serve, your community, and for generations to come."

Congratulations Sheila from all your friends and supporter at IFMA-Boston!



SAVE THE DATE!

Holiday Gala

When: December 4th, 2002

Where: Maggiano's Little Italy

What: Good Cheer – Good Food



IFMA Jimmy Fund volunteers

IFMA-Boston Assists Jimmy Fund Walk

By Samantha Herrle

Since it began in 1989, the Boston Marathon Jimmy Fund Walk has raised more than \$22 million for cancer research and treatment at the Dana-Farber Cancer Institute. The walk follows the historic 26.2 mile Boston Marathon course. Along the route, strategically placed, are rest stops serving drinks, snacks, and if needed, medical aid. Boston-IFMA manned the rest stop at mile 13. There we doled out water, cookies, fruit and encouragement! This event sought to raise \$4.5 million for the Jimmy Fund. A full 86% of this money will go directly to patient care and research.

Thanks to all those IFMA members so generous with their time and voices!

Samantha Herrle is an Interior Designer/Project Manager for the architectural firm of Symmes Maini & McKee Associates. Samantha also serves as IFMA-Boston's Chair of Community Projects.

From the Editor to an Editor

Your newsletter, The Facilitator, is the crossroads for ideas/discussion within IFMA-Boston. With the wider participation from our membership The Facilitator has become an interesting and topical newsletter. We have a competent staff in place: Assistant Editor Tiffany Hatt, Health Editor Seema Pandya, plus a willing stable of contributing writers. With the next issue of The Facilitator, I will have been your editor for two years. It has been a privilege. Rather than let the voice of The Facilitator get stale, I think it is time for a change. Please contact me at fmurphy47@aol.com to discuss this exciting opportunity.



*Thanks,
Frank Murphy*

Happy Memories from World Workplace, Toronto



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The Facilitator is the newsletter of IFMA Boston and published quarterly.

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THE PRESIDENT'S COLUMN

Wow, we're in the fourth quarter of the year already. The economy seems to be showing signs of inching back to recovery, although it is much slower than we all would like. International affairs seem a little quieter but we can't assume that they will remain so.

The IFMA year is in full swing. We've held a number of events already. We kicked off the year with a virtual "Tour of the Seaport District" development activities. We also held a half-day seminar on "Managing Your Career." The weather was terrible that day but we still had a full turnout demonstrating the heartiness of the Boston IFMA membership. Our community project was held in September and was the Jimmy Fund Boston Marathon Walk, which raises money for cancer treatment and research. The Chapter staffed a water station at the 12.9-mile mark. It was a very rewarding and fun experience. Many new members and Board members met at our bi annual "Membership Breakfast" on October 29th. It is always great to meet new members.

World Workplace in Toronto was a smashing success. The convention was packed full of educational opportunities and fun. Boston was well represented. Boston is also well represented on IFMA International's Board of Director's and Executive Committee. Past President Sheila Sheridan of Harvard University's Kennedy School of Government is now Chair and Bruce Forbes of Archibus is Second Chair.

On a less happy note, the Boston Chapter is faced with some challenges this year that we haven't faced in a long time, if at all. Our membership numbers have dropped and our sponsorship dollars are off this year.

Boston has historically been one of the top three Chapters in size at about 750 members. Size is strength in this situation. Size gives us a depth of resources financially, intellectually and volunteer wise. It is good to be big. Our membership has dropped into the 680 level, which concerns us. It concerns us more with Member's Choice coming on line January 1st. To address this issue, Aurora Cammarata and JR Mac Donald, our Membership Co Chairs are holding a membership drive this year. We encourage you to bring your FM counterparts and peers to the Chapter so they can supplement their FM career with the benefits of IFMA membership.

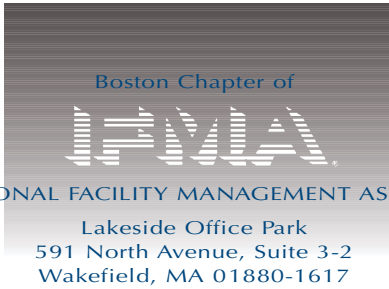
Financially the Chapter, like a lot of organizations, is struggling with sponsorships this year. Chapter sponsorship has typically been 20% of our revenue annually. That coupled with a decline in membership, which represents 28% of our revenue, has forced the Board to look at our expenses, which we do all the time anyway, but also to look at how we run things and explore other revenue generating areas. One area we are looking at is to start charging for Programs. Currently, members do not pay for Programs. Boston is one of the only Chapters that doesn't charge for Programs. The Board is analyzing this option and will notify you if we make any changes to the policy.

Looking forward, the November Program "Elasticity of Space" is very relevant to many of us in today's environment. The Holiday GALA will be on Thursday December 5th at Maggiano's Little Italy in the Back Bay. Some of the proceeds from the GALA will be donated to the Children's Aids Program, CAP, House. IFMA International is presenting a 1 ½-day seminar on December 12th and 13th on "Emergency Preparedness - Writing a Plan."

I hope you will participate in the many events IFMA Boston brings you. It is a good time to develop your career and also to network.

Let's have a great year!





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HEALTH IN THE WORKPLACE

By Frank Murphy

In any given year 23 million American adults suffer from depression. Mental depression has an enormous impact on the American economy. "Depression's annual toll on U.S. businesses amounts to \$70 billion in medical expenditures, lost productivity and other costs...more than \$11 billion in other costs accrue from decreased productivity due to symptoms that sap energy, affect work habits, cause problems with concentration, memory, and decision making."

The National Depressive and Manic-Depressive Association has published a pamphlet titled *Dealing Effectively with Depression and Manic-Depression*. From the *Wellness Tool Box* section comes this wellness and life style advice.

- Talk to your doctor, therapist or other health care professional regularly, especially when you are having trouble.
- Share talking and listening time with a friend, especially during difficult times.
- Take a walk each day regardless of the weather. This keeps you in touch with the elements and connects you to the world around you.

- Do exercises that help you relax, focus, and reduce stress.
- Participate in fun, affirming and creative activities.
- Create a daily planning calendar to help keep you on track.
- Limit alcohol and avoid illegal drugs.
- Keep a regular sleep schedule.
- Improve your diet. Avoid caffeine, sugar and heavily salted foods.
- Seek opportunities to be exposed to light.
- Try to maintain a calming, safe environment.
- When you are confronted with troubling circumstances: stop, analyze your situation and make a positive choice.

Certainly good advice for all of us.

Frank Murphy is Vice-President for marketing for The Joinery Shop and Gloucester Builders. He can be reached at fmurphy47@aol.com. The full contents of "Dealing Effectively with Depression and Manic-Depression" can be viewed at www.ndmda.org.

2002 – 2003 Program & Events Calendar

December 4, 2002, Wednesday 6-10 pm

Holiday Gala

Annual high spirited event in support of CAP - Children's AIDS Programs. Location: Maggiano's Little Italy, Park Square, Boston. Chair: Alicia Dernier.

January 29, 2003, Wednesday

Ergonomics

A panel discussion providing updates on ergonomics legislation, issues, and possible resolutions. Location: HumanScale, Boston. Coordinators: Tom Smart, Eric Corbin.

February, 2003

New Balance

A tour of the new facility you've passed by so many times. Coordinators: Tom Smart, Eric Corbin.

March, 2003

Spring Membership Breakfast

Another opportunity to meet other members and learn about the Chapter.

March 26, 2003, Wednesday

Building Controls

A presentation regarding new regulations and progress in building controls. Coordinators: Sean Murphy, Karie Morrison-Logan, Sara Kosicki.

April, 2003

The Biotech/Pharmaceutical Explosion

A presentation about the recent growth of this industry, and the issues of converting office/hi-tech space to biotech space. Coordinators: Dawn Borden, Anthony Nardella.

May, 2003

MFA - Master Plan and Project Updates

The Museum of Fine Arts is in the midst of a major renovation and expansion, a perfect location for this topic. Coordinators: Anthony Nardella, Joe Flynn.

June, 2003

Annual Awards and Chapter Celebration

Great networking, great food - a wonderful time for all who attend.

June 17, 2003, Tuesday

9th Annual Golf Outing

A must for FM industry golfers, both serious and otherwise.

Go to www.ifmaboston.org for details on these events.

IFMA Events

New Member Breakfast



John Frey, Ionics, Inc.; Lori Stewart Coletti, Fox Relocation Management Corp.; Kate Thibeault, CFM, Pearson Education (with back to camera.)



Left to right: President Mike Kearns, Liberty Mutual Group; Membership Chairperson Aurora Cammarata, R F Walsh; Scott Curran, The Guardian Force, Inc.; Chris Daniele, Puritan Flood Restoration



New member Tracey Hayes of Workplace Solutions with Chuck Reilly, Dacon Corp.

Seaport Tour



Brian Barriero, World Trade Center; Jacqui Ridout, CFM, Cabot Corp.; Molly Evers, Foley, Hoag & Elliot LLP