



HR CHAPTER QUARTERLY

“ARE YOU PREPARED TO SAVE A LIFE?”

Inside this issue:

Calendar of Events	2
Life Saving—AED	2
Membership Updates	3
Member Spotlight	3
Sponsor News	5
Presidents Message	5
Chapter Contacts	5

With all of our minds focused on recent disasters it may be a good time to ask yourself this question, are you prepared to save a life? The following article has been condensed and is reprinted with permission from, Brian Shannon at EJB Worldtrade;

“The leading cause of death in the United States is Sudden Cardiac Arrest (SCA), also known as the “silent killer.” Several research organizations estimate that over 400,000 deaths a year are linked to SCA. Since most of these deaths occur outside of a hospital setting, your facilities must be equipped to prevent this from happening. While calling 911 and administering CPR is helpful, the most important part of saving a life may be an Automatic External Defibrillator (AED).

Sudden Cardiac Arrest is caused by the heart’s electrical impulses suddenly misfiring. One’s heartbeat becomes chaotic and rapid. The heart is unable to pump blood effectively, blood flow to the brain abruptly stops and the victim quickly loses consciousness. CPR will not restart the heart following cardiac arrest. Death usually follows within minutes unless a normal rhythm is restored. Prompt defibrillation is the only effective way to jump-start the heart. What is defibrillation? In simple terms, it refers to shocking one’s heart rhythm back into



place. While this technology was once reserved for hospital settings, it now comes in a portable version that can be easily used to save a life. This defibrillation unit is now commonly known by its acronym, AED.

So you might be asking, “Why do I want to develop an AED program today?” Here are a couple of thoughts to consider:

- 1) They help save lives. Research suggests that you can save up to 50% more lives with AED’s.
- 2) They send a powerful message that your company cares and values its employees.
- 3) They honor and support your commitment to employee safety and security.
- 4) While there are many liability issues to consider, two concepts need to be considered. First, having an AED may help reduce your liability. Second, having an AED is not good enough....you need to have the proper AED program in place to save a life. (continued on page 2.....)



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ARE YOU PREPARED TO SAVE A LIFE?



In other words, one unit may not be adequate and lack of certified training could spell TROUBLE for you.

5) Calling 911 may or may not save a life. Ideally, defibrillation needs to occur within three minutes of onset of SCA. While EMS response times can be very good, how can you be sure that they will arrive in time? More importantly, after they arrive on the scene, how long does it take them to respond to the victim if they are at the opposite end of the building?

AED's will analyze the rhythm of the heart and only deliver a shock if appropriate. Also, while training is strongly encouraged, these devices can be used by the general public.

With a combination of audible and text prompts, AED's can coach most kids or adults through a rescue attempt. Bottom line....these devices are easy to use and safe.....

Another important consideration is how many AED's to place in your facility. If you need to provide therapy within three minutes, then an AED should be within two minutes reach at anytime. If this seems to be aggressive, then let's consider the two issues that are probably most pressing for you. First, saving a life takes precedence over everything. If you and/or EMS cannot respond within a matter of minutes, the victim of SCA will likely die. The second issue, which is more complex, deals with minimizing your liability. Several court cases have been lost or settled out of court,

with large verdicts being awarded to the plaintiffs because public access

areas did NOT have AED's. Furthermore, several other cases have found that while the defense could prove that they had an AED, they were found to have less than satisfactory AED programs in place.

If you add the loss of a life on top of all of this, it becomes even more difficult to determine if and who was at fault. If you want to reduce the chance of this situation happening in your facility, then consider spending a couple thousand dollars per device and purchase certified training to help protect yourself. After all, you cannot control whether an employee has Sudden Cardiac Arrest, but you can control the likelihood of a positive outcome!

For more information or a full reprint of this article contact Brian Shannon at bshannon@ejbworldtrade.com or 704-643-8890.

OCTOBER 2005

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SCHEDULE OF EVENTS

- 10/11 Board Meeting
- 10/18 Chapter Meeting:
@ Chesapeake Conv Center
Program: IAQ Issues
Time: 11:30-1:00
- 11/8 Board Meeting
- 11/15 Chapter Meeting
@ Chesapeake Conv Center
Program: LEED-CEU
Time: 11:30-1:00
- 12/13 Board Meeting
- 12/20 Chapter Meeting
@ Woman's Club of Norfolk
Holiday Social
Time: 6:00-9:00pm
- 01/10 Board Meeting
- 01/17 Chapter Meeting:
@ HRCC Conv Cntr
Program: Tour
Time: 11:30-1:00

DECEMBER 2005

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JANUARY 2006

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2005 BOARD MEMBERS SPOTLIGHT:

MEMBERSHIP



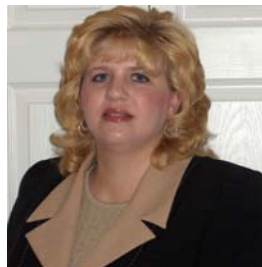
Pete Burke, President

Pete is the Facility Manager for Trammell Crow Company assigned to the EDS building in Chesapeake (formerly Towers Perrin). His primary responsibilities are handling all day to day operational requirements for the 220,000 sq ft facility and its staff of approximately 1000. This includes all aspects of security (physical and electronic), space planning (utilizing the Aperture system database), project management, leasing and contracting, construction management, and managing all issues related to the building mechanical/electrical equipment. Pete has a Bachelor's degree from Villanova University and a Masters degree from Troy University. Additionally, Pete received his Facilities Management Administrator (FMA) designation from BOMI in November 2004 and his Facility Management Professional (FMP) designation from IFMA in February 2005. Pete served 7 years active duty in the United States Navy serving on Amphibious ships and as a member of the Naval Special Warfare Command, leaving the service in 1995 as a Lieutenant. Pete has previously held operations and facility management positions with Carter Machinery Co (Caterpillar Dealer), First Data Resources and Amerigroup Corp prior to arriving at his latest position in early 2001. Pete has been the Chapter President now for four years.



Michelle Gold, Treasurer

Michelle is the Facilities Planner for the USAA Mid-Atlantic Office in Norfolk and the S. E. Regional Office in Tampa, FL. Her primary responsibilities are space planning, project management and maintaining the Archibus space management data base. She is also involved with daily operations, as well as contract and inventory management for the Norfolk office. Michelle has a degree in Interior Design and Resource Management from VA Tech. She will complete her BOMI Facilities Management Administrator designation in Nov. 2005. Michelle started her facilities career at Eastern Virginia Medical School and has 9 years of experience in the industry. Prior to joining USAA, Michelle held positions in sales and marketing for architectural product/commercial furniture dealers and manufacturers including Mohawk Industries and Krueger International.



Lisa Zawacki, Secretary

Lisa is the Facilities Manager for Rose & Womble Realty Company. Her primary responsibilities are procurement, space planning, project management and maintaining the fourteen facilities currently occupied by Rose & Womble owned companies. She is also involved with managing the Corporate office; supervising two couriers and other staff. Lisa is new to the field of Facilities Management with approximately 2 ½ years in this roll. She and her family moved to Virginia Beach from the Tampa Bay area in Florida. Lisa worked in an attorneys office in New Port Richey, Florida prior to moving to Virginia. She joined our chapter last year and "volunteered" to serve on a committee. This summer she moved into the Secretary position



As the national IFMA chapter celebrates 25 years we take pride in our 14th year with 73 members, 67% facility managers and 33% associate members. If you know of anyone who would benefit from membership or may be interested in any of the programs offered throughout the year, please invite them to accompany you to our next meeting!



Bud Schladelman, Vice-President

Bud (VA Tech, '66) is the Segment Manager for Ebac Industrial Products, Inc., which is a manufacturer of commercial and industrial dehumidifiers. The three market segments which he directs from the Newport News-based office include HVAC, cleaning and restoration and lumber drying. This sales office covers the entire North American continent, Alaska, Hawaii and the Caribbean.



Al Veeck, Executive Administrator

Al is vice president of MVA, Inc., an association management organization. He is a graduate of Butler University in Indianapolis, IN. with a BS degree in Business Administration. Al worked as Executive Vice President for the Junior Achievement organization for 13 years, as manager and part owner in the air filtration industry for 18 years and is now with his own business, MVA, Inc. Al has lived in VB since 1976 and has two grown sons and 5 grandchildren. He and his wife Nancy live in the Cypress Point area of VB and enjoy golfing, traveling and spending time at their Lake Gaston home.

2005-2006 SPONSOR OPPORTUNITIES

Gold - \$500

- Name and Business Description on local IFMA web site with direct link to Business Web Site
- Business Name and Logo displayed on monthly meeting announcements
- Business name and logo displayed at each chapter-sponsored meeting
- Name tag and gold ribbon for all company attendees at regular monthly meetings
- 2 guests passes to attend Annual Sponsorship Meeting and Holiday Social
- Introduction of Company at season kickoff with a 5 minute message of products and services

Silver - \$250

- Business Name and Logo displayed on monthly meeting announcements
- Business name and logo displayed at each chapter-sponsored meeting
- Business display and literature hand-out at one agreed upon meeting
- Introduction of Company at season kickoff with a 2 minute message of products and services

Bronze - \$100

- Formal "Thank You" to sponsor at beginning of meeting
- Formal recognition at Holiday social along with Silver and Gold sponsors

Interested? Give Candi James ,Sponsor Chair, at Prestige Floors a call today 468-5600.

PRESIDENT'S CORNER

Finally Fall weather is beginning arrive and with it, hopefully, reduced energy costs since our rooftop HVAC units can finally get a rest. The Fall also brings several major holidays - Halloween, Thanksgiving and Christmas that begin to occupy everyone's mind. Whether it is costumes for the kids, in-laws over for Thanksgiving or the never ending cost of the last minute gifts before Christmas, it is hoped that we never take our minds off of the really important things in life. Many of our facility management counterparts along the Gulf Coast will find it difficult to celebrate anything this holiday season after losing homes and loved ones. Please keep them in your thoughts and prayers.

Pete Burke, President, HR Chapter IFMA



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