Hello to everyone!

I hope everyone has had an enjoyable summer!

Before I get started with my first term as President, I would like to thank our existing Board and Committee members that have stayed on for all of their dedication and time and also welcome the new committee members: Christine Mueller, Gail Gompers & Richard Cilley. Also, I need to thank Al Veeck and Terry Driscoll with MVA, Inc. for providing their expertise with the newsletter and coordinating the seminars and tours throughout the year.

Cont’d on page 3
Art Roy, who turns 85 at the end of October, was committed to his career as a naval officer and retired as a commander after 30 years of service. He’s committed to his wife, Floy, whom he wed 62 years ago. And Roy made a commitment to his daughter, Jennifer, when she was born 41 years ago, and has stuck by it ever since.

Jennifer Roy has Down syndrome. When she was born, the couple dismissed others’ recommendations that they not take her home. They also were told their youngest of three children would never have a normal life. Before Jennifer was getting ready to graduate from Princess Anne High School in 1993, the Roys thought about what her future may hold.

“We were looking for something for her to do in the community,” Art Roy said. “All they had for her at the time was to be a waitress or a cleaning lady in a hotel. We didn’t like that idea.” Instead, five young women – including Jennifer – began to volunteer their time at the Roys’ kitchen table in 1991. From there, the Roys started a nonprofit, Special Persons Mailing Service, aimed at creating work for Jennifer.

“She’s the reason for Special Persons,” said Art Roy, who more than 20 years later employs 34, including consumers from the City of Virginia Beach’s SkillQuest program. Employees at Special Persons Mailing Service work 7½ hours a day, four days a week, providing third-party mailing services such as collating, folding, stapling, labeling, tabbing and sorting. Faithful volunteers come in regularly to count and place items in ZIP code order. Floy Roy, who is the bookkeeper for St. Pius X Church in Norfolk, also handles all of the bookkeeping at Special Persons.

The more than 3,600-square-foot brick building on Tulip Drive, which Special Persons Mailing Service has owned since 1996, recently underwent an extensive three-day makeover, thanks to volunteers from Amerigroup. On the exterior, they installed a large sign, plants, mats, shutters, a bench and lighting. The interior got new carpeting, fresh paint, new tables, a work center, laminated counter tops, a new computer room with computers and a printer, filing and storage cabinets, a large flat-screen television and more.

Art doesn’t take home a paycheck from his nonprofit business, but said he gets paid in other ways, including the hugs that go around at any given moment. “I didn’t think it’d get this big,” said Roy, who faithfully plays golf on Monday mornings, but otherwise spends his retirement behind the desk of his office with a window overlooking the workers’ area. “But, now they’ll always have a place to work.”

“We are proud to partner with ASHRAE to help Special Persons get a new HVAC system,” said Gardner Winstead, President of IFMA-Hampton Roads. “This project will help Special Persons to reduce their energy consumption and focus more money on their core Mission of helping more young people in the program,” he added.

The project will involve replacing two HVAC units and reconstruction of ductwork to give better air distribution and filtration to the facility.
These are the people responsible for making our chapter what it has become. I also would like to thank our sponsors and general membership; we appreciate your continued support and everything that you do for IFMAHR.

The Board of Directors met in July for our 2012-2013 annual planning session and have filled the calendar with a lot of great seminars and tours throughout the year. Also, don’t forget our Pig & Oyster roast in October and Golf tournament in May present excellent sponsorship opportunities for companies to advertise to the membership for a low cost, not to mention, having a lot of fun as well! Also, if anyone has any ideas for tours or seminar topics they would be interested in, please mention them to one of the board members and we will see what we can do about getting it on the schedule for next year.

**Dates to Remember**

**Thursday, October 4**  IFMAHR/ASHRAE Pig & Oyster Roast

**Tuesday, October 16** “The Tide” tour

Please see the complete schedule in this Newsletter. Hope to see everyone soon!

Sincerely,

Gardner Winstead
President-IFMA Hampton Roads

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**IFMAHR/ASHRAE Annual Golf Tournament**

Wednesday, May 16th marked the 6th Annual IFMAHR/ASHRAE Golf Outing. This year’s tournament was held at the picturesque Sleepy Hole Golf Course on the Nansemond River in Suffolk, Virginia. Sleepy Hole Golf Course is an 18-hole, par 72, 7,000-yard championship course. The legendary 18th hole is rated “most challenging in Hampton Roads.”

The IFMAHR/ASHRAE Golf Outing is one of two of our annual fund raisers. Proceeds from this popular event support IFMAHR outreach projects and ASHRAE scholarships. This year’s IFMAHR/ASHRAE community outreach project benefits the YWCA.

As always, our vendor members and sponsors contributed greatly. R. W. Hayes & Co. and ABM Engineering supplied the adult beverages. Additional hole sponsors included MVA, Inc, EBC Carpet Services, Mannington Carpet, Sun Cross Services and Cherry Carpet. Many thanks to ServPro for their sponsorship and contribution of food and beverage and “closest to the hole” contest.

It was a beautiful day for golf although an afternoon thunderstorm made it a 16 hole game. After the tournament, Sleepy Hole supplied a tasty dinner of BBQ and fried chicken with all the fix’in’s. Participants enjoyed their meal as the 2012 tournament winners were announced.

The annual golf tournament is not only rewarding for our outreach programs, but also allows us the opportunity to gather socially, forget about work for awhile, and enjoy each other’s company. Thank you to the sponsors and IFMAHR and ASHRAE volunteers that make this event a success year after year.
Econolight™

You wouldn’t leave the lights on in any other room.

Germaine Gauvin

Why you should upgrade.

Econolight is a lighting control device for your elevator that is designed to conserve energy by turning the lights OFF in the cab when it has been idle for a designated period of time.

Conserve energy while your elevator is idle with Econolight. Econolight is a sustainable solution that eliminates approximately 60% of wasted energy in an idle elevator. Econolight is designed to turn the lights OFF in the cab when the elevator is not in use. Econolight is compliant with national codes and tied into a timer that extinguishes the lighting when certain criteria is met. Econolight may also be attached to the cab fan to conserve additional energy by shutting it off when the elevator is not in use. With Econolight, energy use could go from 24-hours a day to as little as 9.5 hours a day, reducing CO₂ emissions by 193,000 tons per year.

Features and benefits.

• Conserves energy
• Increases the value of the elevator and building
• Elevator out of service minimal time during installation
• Bulbs last longer
• 5 year or less payback period in energy savings

You can order Econolight from your local ThyssenKrupp Elevator representative. A salesperson will survey your elevators, determine the proper product for the application, and present a proposal to complete the upgrade.
IFMAHR Wishes Larry LaRue a Happy Retirement

Long time IFMAHR member and CFM, Larry LaRue, retired this spring. Larry had a successful first career as a naval aviator. After retiring from the Navy, he found himself at the USAA mid-Atlantic regional office where he served as Director of Facilities Management for 15 years.

Larry was always active in IFMAHR with attendance and participation in meetings and tours and was one of the rooftop working group who helped install the solar hot water heating system at St. Mary’s Hospital for Disabled Children – the first community project done by the IFMAHR/ASHRAE group.

*Congratulations, Larry!! Enjoy retirement.*

### IFMAHR Meeting Schedule - 2013

<table>
<thead>
<tr>
<th>Board Meeting Date</th>
<th>Chapter Meeting Date</th>
<th>Chapter Meeting Activity / Seminar</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 10</td>
<td></td>
<td>Officer Planning Session</td>
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<tr>
<td>August 4</td>
<td></td>
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<tr>
<td>September 11</td>
<td>October 4</td>
<td>ASHRAE / IFMAHR Pig &amp; Oyster Roast</td>
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<tr>
<td>October 9</td>
<td>October 16</td>
<td>The Tide Tour (light rail)</td>
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<tr>
<td>November 13</td>
<td>November 20</td>
<td>USGBC Seminar on Changes</td>
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<tr>
<td>December 11</td>
<td>December 18</td>
<td>Holiday Social (location TBA)</td>
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<tr>
<td>January 8</td>
<td>January 15</td>
<td>Military War Museum Tour</td>
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<tr>
<td>February 12</td>
<td>February 19</td>
<td>WC Carpenter / Flooring Technology Seminar</td>
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<tr>
<td>March 12</td>
<td>March 19</td>
<td>NASA Wind Tunnel Tour</td>
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<tr>
<td>April 9</td>
<td>April 16</td>
<td>Cool Roofs Seminar</td>
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<tr>
<td>May 14</td>
<td>May 23</td>
<td>IFMAHR / ASHRAE Golf Outing Sleeper Hole</td>
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<tr>
<td>June 11</td>
<td>June 18</td>
<td>Annual Meeting &amp; Election Managing Across Generations Seminar</td>
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<tr>
<td>July 16</td>
<td></td>
<td>Annual Board &amp; Planning Meeting</td>
</tr>
</tbody>
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Seminars will be held at the Chesapeake Conference Center

Tours will be held at various locations announced in the monthly IFMAHR notice.
E4K = Energy For Kids
Thursday, October 4th @ 3:00-8:00 p.m.
Talbot Hall, 600 Talbot Hall Rd, Norfolk, VA 23505

Join us for an afternoon of BBQ, Oysters, Beer, music by the Hotcakes Band and the Elderly Brothers, and more...all for a good cause!

All Profits will be used for Special People Mailing Service for Energy Improvements to their HVAC system.

<table>
<thead>
<tr>
<th>Sponsorship</th>
<th>Includes</th>
<th>Price</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold Level</td>
<td>Reserved Table</td>
<td>$1,500*</td>
<td></td>
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<tr>
<td></td>
<td>Full page ad in program</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Table/Poster signage</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Recognition at event</td>
<td></td>
<td></td>
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<tr>
<td>Silver Level</td>
<td>8 Tickets</td>
<td>$1,000*</td>
<td></td>
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<tr>
<td></td>
<td>Half page ad in program</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Poster and entrance signage</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Recognition at event</td>
<td></td>
<td></td>
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<tr>
<td>Bronze Level</td>
<td>4 Tickets</td>
<td>$525*</td>
<td></td>
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<tr>
<td></td>
<td>Quarter page ad in program</td>
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<tr>
<td></td>
<td>Entrance signage</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Recognition at event</td>
<td></td>
<td></td>
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<tr>
<td>Friendship Level</td>
<td>2 Tickets</td>
<td>$125*</td>
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<tr>
<td>Group Sponsor</td>
<td>5 or more tickets</td>
<td>$30 each</td>
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<tr>
<td>Individual Ticket</td>
<td>Ticket to the event</td>
<td>$35 each</td>
<td></td>
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Payment Method: □ Invoice □ Check

Company: ___________________________________________ Address: ___________________________________________
Contact Name: ___________________________ Phone: ___________________________
Fax: ___________________________ E-mail: ___________________________

AIAHRAE: Complete and return this form to reserve your sponsorship.
Make check payable to AIAHRAE HRC - Mail or Fax to
Rich Roberts – 1300 Monument Drive, Virginia Beach, VA 23454
Fax: 757-383-3306
Questions – 757-270-1975 or rberke@jci.com

IFMA: Complete and return to IFMA Hampton Roads
PO Box 13529 Virginia Beach, VA 23461
Fax: 457-1055
Questions – 757-595-2832 or linahs@gmail.com

*DEADLINE For Signage and Program – September 14, 2012
| 1. Gardner Winstead  
President | ![Gardner Winstead](image1.jpg) |
|-----------------|-------------------------------|
| 2. Nancy Mitchell-Veeck  
Past President | ![Nancy Mitchell-Veeck](image2.jpg) |
| 3. Kirk Baldwin  
Vice President | ![Kirk Baldwin](image3.jpg) |
| 4. Todd Jones  
Secretary | ![Todd Jones](image4.jpg) |
| 5. K Kathryn McPoland  
Treasurer | ![K Kathryn McPoland](image5.jpg) |
| 6. Michelle Gold  
Communications Chair | ![Michelle Gold](image6.jpg) |
| 7. Paul Gram  
Outreach Chair | ![Paul Gram](image7.jpg) |
| 8. Germaine Gauvin  
Sponsorship Co-Chair | ![Germaine Gauvin](image8.jpg) |
| 9. Gail Gompers  
Sponsorship Co-Chair | ![Gail Gompers](image9.jpg) |
| 10. David Pattishall  
Membership Co-Chair | ![David Pattishall](image10.jpg) |
| 11. Christine Mueller  
Membership Co-Chair | ![Christine Mueller](image11.jpg) |
| 12. Richard Cilley  
Program Chair | ![Richard Cilley](image12.jpg) |
| 13. Al Veeck  
Administrator | ![Al Veeck](image13.jpg) |

IFMAHR (PEOPLE) TRIVIA

Most of your 2011-2012 board members and committee chairs have returned. Let’s see how much you know about them. Match two facts to each IFMA-Hampton Roads leader.

- a. Is one of ten children
- b. Can ride a unicycle
- c. Is very anal retentive about certain things
- d. When teacher took attendance the first time in grade school, their name was a description
- e. Is Phil Mickelson’s biggest fan
- f. Grew up in the Star City of the South (Roanoke)
- g. Has wings, but no feathers
- h. Drove a boat on Lake Michigan for a living for a while
- i. Loves to hunt with spare time
- j. Is a Former firefighter and EMT
- k. Has volunteered with Girl Scouts for 25 years
- l. Likes to work with power tools
- m. Sent an audition tape to CBS’s Survivor television series on my 40th birthday
- n. Used to work on a hog farm
- o. Has 8 grandkids
- p. Was asked to leave the Virginia Beach Motor World for driving too recklessly
- q. Lived in Libya
- r. Won the 2011 Suffolk Peanut Butter Sculpting contest
- s. Is Norwegian
- t. Can cut their own hair! And quick too!
- u. Was in the Spanish Honor Society in college
- v. Collegiate all-state player despite soccer team was out-scored 27-1 against same team over 3 years, but had a win sandwiched between two losses. (Yes, 0-17 the year before i arrived, 1-0 my first year and 0-10 the next year, they got their revenge)
- w. Was a band and drama geek
- x. Spent Y2K ringing in the new year in a tribal tent with tribal people in the highlands of central Asia
- y. Loves college basketball but only played football and baseball
- z. Spent a semester studying at London College of Art

Answers on Page 3