



**Stay Informed**  
**Stay Connected**  
**Meet Career Objectives**

## In This Issue

**Page One**  
Letter from the President

**Page Two**  
Lighting Best Practices

**Page Four**  
Well Building Standard

**Page Five**  
Member Recognition

**Page Six**  
Events & Announcements

**Page Seven**  
Membership News

Monthly Lunch and Learn Meeting

# FROM THE PRESIDENT



Dear IFMA Seattle Chapter Members,

Thank you for the opportunity and the honor to serve as

President of the Seattle Chapter of IFMA for the 2016-2017 year. I was recently elected into the position in August and it has already been a rewarding journey. I am proud to be leading this accomplished chapter and pledge to do the best I can to continue making this vibrant chapter exciting and worthwhile to our members. Our experienced and talented executive board plan for another strong year and will continue to strive for excellence.

Thank you to Chris Dawe who has done an amazing job leading our chapter for the last two years. I am honored to have been his Vice President, learning much from him and his leadership. I appreciate his continued service and look forward to his participation as Immediate Past President. Bob Tribo - Vice President, Tony Houts - Secretary/Treasurer, and Linda Gettman, At Large Board Member, and I plan to continue the efforts that Chris and the past presidents have put in motion with the IFMA Seattle

Chapter Mission Statement in mind:

The Greater Seattle Chapter is a professional organization dedicated to advancing and promoting the facility management profession through informational and educational interaction. Our Vision is to be an organization that fosters social interaction and opportunities for personal and professional growth within the facility management industry.

I am also looking forward to working with such an amazing Executive board of directors, committee chairs and chapter administrator that make this Seattle chapter as strong as it is.

In the upcoming year our continued focus will be on membership, education and networking.

We will strive to:

- Increase our membership numbers
- Continue to provide and improve educational, scholarship and credential opportunities
- Strengthen committees and provide opportunities for advancement
- Provide rewarding Lunch &

Learn programs, building tours, networking tapper jabbers and special events such as the annual Dan Maus Golf Outing and our annual Education Symposium.

- Bring recognition to our industry and profession

Please attend and invite your colleagues, customers, and friends to become involved in IFMA. Bring them along to upcoming programs and events we offer and help us show them how IFMA can provide value and career opportunities found nowhere else, as well as empowerment both personally and professionally.

We are a chapter full of strengths, experience, and enthusiasm. We have many dedicated volunteers who freely give their time to put together all of our amazing programs, keep our chapter a relevant and valuable resource for our professional members, associates and facilities community.

Here's to a great year ahead...

Best,

Michael Pamintuan, FMP

# LIGHTING MAINTENANCE BEST PRACTICES



Maintaining a lighting system can be labor intensive, specifically the never-ending task of 'spot' relamping of failed fluorescent lamps. For example, scheduled group relamping at 70 percent of rated life can minimize spot relamping by more closely matching life cycle performance among all lamps. To further improve your next maintenance cycle, consider these lamping alternatives to save energy and extend operational hours.

1) **Low-wattage T8 fluorescent lamps** are similar to existing 32 Watt T8 lamps, but only

consume 28 or 25 Watts (a 13 or 22 percent savings, respectively), while marginally reducing light output – indistinguishable considering the depreciated state of the lamps being replaced. Cumulatively, this could reap significant energy savings in a facility, for the same or very little additional cost. Many of these reduced-wattage lamps are available in greatly extended life ratings as well, up to 80,000+ hours. Labor is minimal, requiring simple lamp replacement, and fixture light distribution remains consistent.

2) **T12 to low-wattage T8 conversions** are a sensible option for energy efficiency and improved performance, but require ballast and potentially socket replacement, depending on the original lamp type (instant start versus rapid start, for example). However, there are utility incentives available to help offset these costs, allowing a very attractive ROI.

3) **Tubular LEDs, or TLEDs**, are products meant to directly replace linear fluorescent lamps in existing

fixtures, and incentives may be available to assist in offsetting the cost of an LED conversion. This can be advantageous compared to purchasing and installing new LED fixtures, which can be costly, while still consuming 65 percent less energy than a 32 Watt T8 lamp. Installing TLEDs does require careful coordination, as some operate off the existing fluorescent ballast, while others require rewiring of the fixture – which means utilizing an electrician's labor. TLED products have life ratings around 50,000 hours, and LEDs do direct their light differently than fluorescent lamps, so light distribution, uniformity, and glare should all be considered.

In summary, for most lamp maintenance practices the easiest, most cost-effective option is simple lamp replacement with a low-wattage T8 fluorescent. There's no wiring involved, light distribution is unchanged, and the per-lamp cost is consistent with 32 Watt T8s. A simple solution to increase efficiency and performance.

## Save Money in Your Facility Now:

### Six Things to Know about Low Wattage T8s

Low wattage linear fluorescent T8 lamps have been on the market for some time. Consider low wattage T8 lamps for your facility maintenance:

1) Improve your bottom line

Available in 25- and 28-watt versions, they reduce lifetime costs by up to 23 percent when replacing 32-watt linear fluorescent T8 lamps

2) Last longer

With lifetimes up to 84,000 hours, they can last up to 50 percent longer than 32-watt lamps

3) Reduce maintenance

Up to 50 percent fewer trips up the ladder for maintenance staff

4) Install easily

They're usually compatible with the majority of existing 32-watt T8 lamp ballasts, immediately saving up to 20 percent in energy consumption with little to no change in light quality

5) Are comparably priced

Many are priced comparably with their 32-watt counterparts

6) Provide smart replacement options

They can be an excellent replacement option for facilities not yet ready to transition to LEDs, but sometimes low wattage T8s aren't the best fit – so be sure to avoid using these in low temperature facilities, and check compatibility with specialty applications.

For additional information and details on low-wattage T8 lamps, you can visit [www.lowwattt8.com](http://www.lowwattt8.com).

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## IFMA Lunch n Learn November 17th Lighting Maintenance Best Practices

Get the right kind of light, the right amount, just where you need it, and only when you need it. All at the lowest life cycle cost.

This session will review best practices for facilities managers in lighting their buildings using an interactive discussion format. Topics include reduced wattage lamp replacement, group re-lamping, schedules, recommended light levels, fixture cleaning, and free lighting resources. Come with your questions and suggestions. [See the events page for more detail.](#)

# WELL BUILDING STANDARD

**T**he world's first building standard focused exclusively on human health and wellness.

The WELL Building Standard™ (WELL) marries best practices in design and construction with evidence-based medical and scientific research – harnessing the built environment as a vehicle to support human



health and well-being. Pioneered by Delos, WELL is grounded in a body of medical research that explores the connection between the buildings where we spend more than 90 percent of our time, and the health and wellness impacts on us as occupants. The

WELL Building Standard is the culmination of seven years of research, in partnership with leading scientists, doctors, architects and wellness thought leaders.

## Well Building Standard Concepts

The WELL Building Standard sets performance requirements in seven Concepts relevant to occupant health in the built environment – air, water, nourishment, light, fitness, comfort and mind. WELL Certified™ spaces can help create a built environment that improves the nutrition, fitness, mood, sleep patterns, and performance of its occupants.

WELL Certification is based on performance and requires a passing score in each of the seven categories of the WELL Building Standard. WELL Certification is awarded at one of three levels: Silver, Gold and Platinum.

## International WELL Building Institute™

The WELL Building Standard is administered by the International WELL Building Institute™ (IWBI™), a public benefit corporation whose mission is to improve human health and well-being through the built environment. IWBI was launched by Delos in 2013, following a Clinton Global Initiative commitment by Delos founder Paul Scialla to improve the way people live by developing spaces that enhance occupant health and quality of life by sharing WELL globally.

WELL is third-party certified by Green Business Certification Inc. (GBCI), which administers the LEED certification program and the LEED professional credentialing program.

# MEMBER RECOGNITION



**M**ichael Pamintuan has been a Professional Member of Seattle IFMA since 2007 and has recently served our chapter as Vice President and Secretary-Treasurer. Several years ago he was serving as Second Vice President but had to resign due to work constraints. He took a short hiatus from activity in IFMA, but came back in 2012 and began volunteering again with Seattle IFMA, serving on the Education Committee and the Lunch & Learn Sub-Committee of that group as we kicked off our initial season of Lunch & Learn programs. Michael has received his FMP and is currently looking over his choices for further certifications.

His current employer is Community Health Plan of Washington as Facilities Manager, starting with them in 2015. When we went to press on this article, he was in the process of moving his company to a new office, and in about the third or fourth stage of this multi-stage move. Although he has been consistently involved in this for some time, he still took the time to attend World Workplace in San Diego and represent the Seattle Chapter as its Delegate. Previous employment was in the biomedical field with CTI BioPharma.

When he's not at work, Michael loves to hike, go mountain biking, or ride his Harley. (How about that? We've got a biker dude as our Chapter President!!!)

Michael lives in Sammamish with his wife of four years and teenage daughter, and their pug, Harley. Come join us at a chapter event, say hello to Michael if you don't already know him, and see what you might have in common with him.

**Annette P. Bailes, CFM**  
**Member Recognition Chair and Past President**

# EVENTS & ANNOUNCEMENTS

## IFMA Lunch n Learn - Nov 17

### Lighting Maintenance Best Practices

Get the right kind of light, the right amount, just where you need it, and only when you need it. All at the lowest life cycle cost. This session will review best practices for facilities managers in lighting their buildings using an interactive discussion format. Topics include reduced wattage lamp replacement, group re-lamping, schedules, recommended light levels, fixture cleaning, and free lighting resources. Come with your questions and suggestions.

### SPEAKER: Jeff Anderson, LC, Northwest Lighting Network

Jeff Anderson is a lighting specialist who specializes in lighting projects in the greater Puget Sound area. He coordinates efforts between customers, trade allies and power producers. He also conducts lighting audits, which detail the benefits and incentives of lighting projects suited to individual sites and help customers make fully informed decisions.

Jeff joined Evergreen Consulting Group in September 2010 following more than a decade of assisting electrical contractors, hospitals, schools and industrial customers with lighting retrofits. Previously, he worked on design build projects for an electrical distributor, where he also led the project quotes department. He has been an account manager for the last 18 of his 27 years of electrical distribution experience. He earned the Lighting Certified Professional designation from the National Council on Qualifications for the Lighting Professions, NCQLP, in 2008.

**Make sure to check the website and register for any upcoming events.**

## IFMA Releases New Sustainability How-To Guide

HOUSTON, TX – (July 29, 2016) – The IFMA Environmental Stewardship, Utilities and Stewardship Strategic Advisory Group (ESUS) has released the latest addition to the wildly successful Sustainability How-To Guide Series, Engaging Occupants in Your Sustainability Program: Strategies for Success. The guide, which is available for [free download](#) via IFMA's Knowledge Library provides practical advice for generating the social momentum necessary to implement sustainable facility practices.

Authors Cynthia Putnam, Melanie Danuser, Lynn Clark, Stephanie Randall Cooper address the critical human element of sustainability in the workplace. While popular attention is often focused on green technology, the fundamental behavioral shifts required to achieve sustainability require buy-in from building occupants and organizational leadership. Using case studies and real-world figures, the 54-page guide offers tangible advice to achieve this buy-in. This How-to Guide, one of 17 currently available, was published for free in celebration of World FM Day 2016, is available for download here: [http://community.ifma.org/knowledge\\_library/m/free\\_fm\\_content/1057490](http://community.ifma.org/knowledge_library/m/free_fm_content/1057490)

IFMA is the world's largest and most widely recognized international association for facility management professionals, supporting 24,000 members in 104 countries. This diverse membership participates in focused component groups equipped to address their unique situations by region (133 chapters), industry (14 councils) and areas of interest (six communities). Together they manage more than 78 billion square feet of property and annually purchase more than US\$526 billion in products and services. Formed in 1980, IFMA certifies professionals in facility management, conducts research, provides educational programs, content and resources, and produces World Workplace, the world's largest series of facility management conferences and expositions. To join and follow IFMA's social media outlets online, visit the association's [LinkedIn](#), [Twitter](#), [Facebook](#), [YouTube](#) and [Flickr](#) pages. For more information, visit the [IFMA press room](#) or [www.ifma.org](http://www.ifma.org). To receive more information on ESUS' activities, please contact [sustainability@ifma.org](mailto:sustainability@ifma.org).

# MEMBERSHIP NEWS

## New Members Since September 2016

Membership Type	First Name	Last Name	Designation	Company	Job Title	IFMA Join Date
Professional	Ethan	Barr		Seattle Aquarium		09/06/2016
Professional	Kyle	Kauzlarch		Okta		09/07/2016
Professional	David	Ireland		CBRE	Director, FM Technology	09/14/2016
Professional	Spencer	Huppert		McKinstry FMS division of Brookfield GIS		09/15/2016
Professional	Adam	Paulson		T-Mobile	Sr Workplace Coordinator	09/19/2016
Associate	Erika	Voss	AFBCI, CBCP, CHS III		Senior Director - GRC	09/23/2016
Professional	Andrew	Rauch		Epiphany School	Facilities Manager	09/26/2016
Associate	Angela	Yeung		Grundfos Pumps		09/26/2016
Professional	Fred	Benz		PACCAR Inc	Engineer/Facility Manager	09/27/2016
Professional	Keith	Briggs	Chief Building Engineer	Paccar Inc		09/28/2016
Professional	Chris	Read		Brookfield GIS US	Business Unit Manager, Facility Management Services	09/30/2016
Associate	Corey	Robinson		McKinstry	Account Executive	09/30/2016
Professional	Jennifer	Avila	FMP	Project & Development Services - JLL	Senior Project Manager	10/02/2016

## Anniversaries

Membership Type	First Name	Last Name	Designation	Company	Job Title	IFMA Join Date	Years
Professional	Loren	Steel	RCFM	LifeWire	Facilities Manager	10/24/1989	27
Professional	John	Benny	CFM	Amazon.com	Senior Transaction Manager	10/22/1991	25
Professional	Mark	Harding	CFM	CBRE	Facilities Manager	10/06/1998	18
Professional	AI	Kinisky		Concur Technologies	Sr. Director, Facilities, Cre & Procurement	10/12/2005	11
Professional	Michelle	Keen	CFM	Enterprise Holdings	Group Operations Manager	10/28/2005	11
Professional	Robert	Carr	LT/USN/Retired	Pierce County Facilities Management	Maintenance & Operations Division Manager	10/15/2006	10
Professional	Lynn	Clark		Green Operations Consulting	Sustainable Operations & Building Consultant	10/18/2006	10
Professional	Swarn	Soldate	CFM	Enterprise Holdings, LLC	Operations Manager	10/08/2009	9
Professional	Sharon	Lorenzo		Pioneer Human Services	Facilities Operations Manager	10/19/2009	9
Professional	Michael	Hackel		KeyBank	Facilities Manager	10/02/2012	4
Professional	Robert	Blakey		CBRE	Sr. Manager, Operations	10/01/2013	3
Professional	Michael	Roselius		Premera Blue Cross	Team Lead Safety Program & Facilities Engineering	10/10/2014	2
Professional	Luke	Larson		South Seattle College	Student	10/01/2015	1
Professional	Archana	Shetty	Business Development	Vestian Global Workplace Services	Director	10/01/2015	1
Professional	Tim	Mcdade		ICHS		10/06/2015	1
Professional	Glen	Robey		Bright Horizons	Regional Property Manager	10/14/2015	1
Professional	Catherine	Espel-Logan		State Farm insurance Companies	Ad Services Manager	10/16/2015	1
Professional	Joanna	Morris		State Farm Insurance Companies		10/16/2015	1
Professional	Joshua	Krogman		Meteorcomm LLC	Facilities	10/21/2015	1
Young Professional	Lindsay	Wood		CBRE	Assistant Fm	10/21/2015	1