NOTES FROM CHARLES KENNEDY

In a society where many people define themselves by their work, it is easy to forget about the importance of recreation and leisure. When we break down the word recreation, you literally have re-create. When you enjoy recreation you are recreating and rejuvenating yourself so that you can be a whole, healthy and productive person.

People who are healthier and happier are better workers, and tend to be much more invested in what they are doing. Nick Bloom, an economist at Stanford University, studied 700 major firms around the world. His research supports that more productive, faster growing and better managed companies promote work-life balance for their employees.

The University offers a variety of opportunities to practice work/life balance. The Whole U provides resources to help staff increase energy, lose weight, reduce stress, improve flexibility, boost memory, lower risk for heart disease, improve balance and make friends.

Additionally, the FS Training Academy 2015-16 strategic plan will include a focus on employee wellness and work/life balance. The Training Academy will continue to sponsor stress management seminars and Whole U Functional Fitness classes, and promote the Stretch and Flex program developed by FS safety employees.

In closing for this month remember that I ask no more of you than a good day of work. At the end of the day, go home to your families, friends and hobbies and mentally step away from the job. Be present in your time away from work so that you can enjoy a positive sense of balance in your life.

HAVE SUGGESTIONS FOR A TRAINING CENTER WELLNESS CLASS? MAKE YOUR RECOMMENDATIONS HERE

Scott Preston: a world of good in a time of need

Steve Charvat.

Thank you so much for loaning [UW Emergency Management's] Scott Preston to me and to the Marysville School District to help respond to the tragic high school shooting at Marysville-Pilchuck High School. He arrived on Thursday afternoon, immediately began assessing, making relationships and appropriate suggestions. By Friday morning he was recognized by everyone in the school district for what a valuable asset he is.

The University is loaning him and his services as a good neighbor. I have no doubt the spirit of collaboration in our region would bring you the same support should the situation be reversed.

Thank you again for making him available. He is bringing an experienced sense of calm to a very chaotic situation, and he is learning so much to bring back to your department.

Dr. Mary Schoenfeldt
Public Outreach Coordinator
Everett Office of Emergency Management

STORY IDEAS?
Contact Public Information Specialist
Alicia Halberg at halbergx@uw.edu
Photos, articles and reporting by Alicia Halberg.
Edited by Facilities Employee Services.
FS Employee News: Tell us about what you do at Building Services.

Erica Bartlett: I work as the MiniMax Program Coordinator for Building Services. My primary focus is coordinating the implementation of the MiniMax program in buildings across campus, but I also assist in conducting ongoing education, training and outreach for UW Recycling and Custodial Services. While I am physically housed in the UW Recycling office, I work closely with both operational units.

In my day-to-day, I help cover the UW Recycling phone line, conduct site visits to buildings and loading docks, field customer inquiries, and coordinate annual programs and events alongside my co-workers, UW Recycling program coordinators Jessica Lisiewski and Liz Gignilliat. Any changes made by UW Recycling impacts campus custodians, so we try and work collaboratively to make our services more efficient. UW Recycling and Custodial Services work under the same umbrella of Building Services; it’s important we work together.

FSEM: How did you get into recycling and this field of work?

EB: I graduated with a degree in Environmental Policy at Western Washington University after following my interests and taking a wide variety of classes I was interested in. I ended up spending a lot of time in environmental law and policy classes, alongside being involved with Students for Renewable Energy student government club and the Air and Waste Management Association's campus chapter.

During my time as an undergrad, I ended up conducting waste audits, holding trash talks, creating better recycling and compost signage and implementing a battery recycling program through a class project. I got experience in writing policy, reaching out to students and working with the University's administration and other departments to help increase waste diversion on campus. In addition to all of these extra activities, I also competed in an international environmental competition that involved presenting a real-world solution for a waste management-related problem. Universities from all around the world competed, and the team I was on ended up taking first place!

Before I came to the UW, I worked for a wind energy company in Portland, Oregon and then Zipcar in Seattle. I've always been really passionate about the environment, so all of my work has focused around sustainability.

FSEM: Tell us more about the MiniMax program.

EB: MiniMax is UW Recycling's desk-side, self-service waste collection system designed to minimize waste and maximize recycling. When a building adopts the MiniMax waste diversion program, individual office garbage cans are replaced with a self-service recycling bin and a smaller mini garbage bin that hangs from the side of the recycling bin. Staff are responsible for emptying their bins into centralized recycling, compost and garbage containers located in common areas nearby. The self-service model builds awareness around recycling and promotes personal responsibility for waste generation. It also allows custodians to redirect their efforts to tasks more essential to the overall cleanliness and health of the University, and it significantly reduces the number of plastic liner bags that go to the landfill.

There’s a lot that goes into converting a building to MiniMax, including an initial assessment of the building's recycling infrastructure, and then moving bins around and adding containers where needed to achieve optimum placement. We work with Custodial Services
and recycling crew members to ensure the dumpsters on the loading docks are the appropriate size, and the number of pickups for those dumpsters are accurate.

So far, nearly half of campus has adopted the MiniMax program! The UW Tower was the first building to pilot MiniMax on campus in 2008. Custodians are always excited when a building adopts MiniMax and UW Recycling likes the program too since it is helping us reach our goal of 70% waste diversion by 2020.

**FSEM: Outside of work, what are some of your interests?**

**EB:** I love to be outdoors and spending time with my friends hiking and backpacking. One of my favorite places to hike or backpack around is up in the Granite Falls area near the Monte Cristo ghost town. I love browsing through the Washington Trails Association pages online and exploring new areas.

In the winter I love to pack up my skis and head to the mountains. I usually go up to Mt. Baker as I have a few friends with cabins up at Glacier. We'll usually stay there so we don't have to get up so early!

In the summer I love to swim outside and go on short bicycle tours. When I'm not outside I like to try and make artistic crafty things, but sometimes I just end up browsing Pinterest for good ideas.

**FSEM: What’s something unique about yourself, something others may be surprised to learn about you?**

**EB:** I don’t think anyone knows I am a certified lifeguard. I was 16 when I got my first job as a lifeguard at my community pool where I grew up on the south end of Whidbey Island. I remember the lifeguard training was incredibly difficult at times, since it catered toward Navy personnel. The classes were held in Oak Harbor, near the Naval Airforce base, so many of my classmates were taking the course as part of their military training. I found the rescue drills the most challenging; we would take turns lifting one another from the bottom of a 12-foot pool.

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**CHECKING IN ON LEAN**

The UW Tower recently launched its first-ever lean team, which also happens to be the first team launched from Campus Engineering & Operations.

The tower team’s goal is to reduce the number of events with last-minute scrambling. So far they’ve implemented dozens of ideas, including the creation of their culinary-themed lean board, and creating an online form for event coordinators.

The team is already meeting its goals: it’s reduced the number of scrambled events from 20% at launch to 7% in October. The team hopes to continue its progress during the upcoming event-heavy holiday season.

Hats off to the team: Troy Swanson, Rachael Frost, Lloyd Claassen, Audrey Walker, Mike Craig, Mark Pruitt, Michael Norton, Scott Bybee and Alfonso Escobar.
Some campus buildings have really old systems. That shouldn't come as a surprise to anyone familiar with campus. But it takes a dedicated team of engineers and tradespeople to audit 11 million square feet of space, find improvements and efficiencies, determine whether those improvements are worth the cost, and then implement those that are.

Finance and Business Services' Energy Conservation Manager Norm Menter has assembled a team to do just that. “Some fixes are quick, as they alert the control shop technician to a building fan that hasn't been turning off at night,” said Menter. “It takes the technicians just a few minutes to change the settings to fix the problem. With more than 200 buildings on campus technicians can't be everywhere at once; we're here to help them find these opportunities, saving energy as a result.”

So far the program has audited just less than 4.7 million square feet of space in just over one year's time; that's 42% of the major buildings on the Seattle campus.
FINDING SAVINGS

The audits have identified more than $2 million worth of cost-effective projects in 37 campus buildings. If funded, these improvements could result in an annual utility savings of $1 million and qualify for more than $500k in utility rebates. That adds up to a lot of savings over the coming years.

“It's really a new way of looking at preventative maintenance,” said Menter. “We want to provide a systematic way to identify these opportunities to save energy and improve efficiency on campus.”

Many teams from Facilities Maintenance and Construction and Campus Engineering and Operations had already improved energy efficiency in their regular work on campus. Menter highlighted the leadership of Dave Fields with the Northeast Maintenance Zone in replacing lighting and toilets in many buildings over the last two decades as the impetus for the energy conservation program.

“A lot of this work has been captured by workgroups across FS” said Menter. “Now, with a formal program in place, we can provide additional focus and dedicated resources to the teams doing the work and go after some of those larger more complex projects.”

Fiberglass insulation, such as this piece manufactured by Ortega, can save thousands in energy costs each year.

WORKING TOGETHER

One of the energy program’s early wins included installing insulation on some hydronic piping in older campus buildings. For about $3,000 of time and materials, these buildings are now saving more than $2,500 in energy costs each year.

“This project really gave the insulators of Shop 17 a chance to show off their talents,” said Dennis Garberg, the team’s supervisor. “I’m really amazed with the work they've done in such little time.”

“It was a really fun project to work on,” said Insulation Worker Rico Ortega. “It was really fast-paced and different from the work I typically do. I somehow managed to finish a little early! I can't wait for more projects like these to come our way.”

Insulation work involves going into the mechanical rooms of buildings and looking at the pipes. Shop 17's workers custom build and fit each piece of insulation to maximize efficiency.

“Often times we’ll use custom fiberglass sleeves on our pipes, but other times we'll need to fabricate metal or PVC sleeves, or even plaster casts, which can take longer, but provide better insulation and durability, as well as energy savings in the end,” said Ortega.

“Plaster-cast insulation (pictured) is more durable, and can insulate more heat than PVC or fiberglass,” said Ortega, who custom-built the cast around this pipe in Marine Sciences.

Another common fix on campus involves heating, ventilation and air conditioning systems. Menter described the assistance of CE&O’s Shop 69, control technicians, as invaluable to the success of the energy conservation program.

“We learn so much from the technicians about the intricacies of each building on campus. We also work with departments and staff in each building so we can better understand how the building is being used,” said Menter.

For example, many mid-century buildings have fans that run at a constant velocity. The energy conservation project has funded 12 variable frequency drives, which allow these fans to run at different speeds. This varies the amount of air being pushed through the fan, and how much air needs to be heated before being blown into a building, resulting in large energy savings.

GOAL-ORIENTED WORK

Through audits, the energy conservation project has identified dozens of projects that could result in energy savings. However, the team chooses not to implement all of the projects it identifies.

“We tend not to fund projects with a payback period longer than five years,” said Menter. “We also tend to stay away from buildings that will see renovations or major changes coming soon. We want to be cost-effective in the projects we choose; we don’t want to make improvements just for them to be wiped out in a few years.”

Sometimes projects get lumped together with others on campus. To do this, the team works closely with planning and budgeting, capital projects, and the minor capital projects workgroups.

“Projects that still might be worthwhile, but relate to a larger project rather than a quick-fix are sent to John Wetzel and his minor capital projects program,” said Menter. “This way, often a few projects can get lumped together, which results in additional cost savings and moves them up on the priority list.”

At just under halfway complete, the project still has quite a bit of work ahead. But Menter is passionate about the task at hand and making sure campus is running as efficiently as it can.

“We don’t think there’s any building on campus that can’t use an audit,” said Menter. “We’ve found efficiencies even in brand new buildings; we can always find room for improvement.”

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GOING FOR GOLD

THE UW IS NOW RANKED BICYCLE FRIENDLY UNIVERSITY - GOLD BY THE LEAGUE OF AMERICAN BICYCLISTS, THANKS TO DEDICATED STAFF FROM TRANSPORTATION SERVICES.

Gold level recognition by the nation's premier bicycle advocacy organization places the University of Washington among the top campuses in the country for its work to make it easier for more students, staff and faculty to get around by bike more often.

League of American Bicyclists President Andy Clarke visited campus on Thursday, October 30 to present the award, to kick off the UW's annual Ride in the Rain competition and host a panel discussion on bicycling in the region.

The day began with Clarke visiting the ASUW Bike Shop in the HUB and meeting University of Washington President Michael Young, Transportation Services Director Josh Kavanagh, Active Transportation Specialist Ted Sweeney, and student Rory Jack, manager of the shop.

The group talked about campus bicycling culture, and President Young told stories of his time bicycling back in Utah, and now here in Seattle.

"Seattle really does seem to be having its moment," said Clarke. "And the University of Washington and its regional partners are at the forefront. It's all about changing the culture around bicycling on campus, beginning with the University and working beyond that."

"This is a conversation that is happening at campuses and in communities across the U.S. and the University of Washington is proud to be taking the lead," Kavanagh said.

Later that evening, Clarke presented the official award to Associate Vice President of Facilities Services Charles Kennedy at a public event to kick-off the annual Ride in the Rain challenge. Part of the event included a roundtable discussion from bicycling advocates and transportation leaders from across the region.

Upper photo, from left to right: Ted Sweeney, Andy Clarke, Rory Jack, Michael Young and Josh Kavanagh.
The roundtable included Seattle Department of Transportation director Scott Kubly, Cascade Bicycle Club executive director Elizabeth Kiker, Pronto! Cycle Share executive director Holly Houser, and UW faculty member and Green Futures Lab director Nancy Rottle.

The group discussed how Universities shape and influence transportation behavior not just in their student populations, but for generations to come.

“The first time I ever took a bus was in college, and it’s because I was given a free bus pass,” said Kubly.

“The University has cooperative leadership, an effective advocacy community and a culture of bicycling on campus,” Clarke said.

Kiker described how bicycling can sometimes seem like an exclusive club, and how it should be more accessible for all.

“The message we really need to spread about bicycling is that it's easy and it saves money. We need to take a personal approach to helping our friends bicycle,” Kiker said. “Most everyone remembers the joy of learning to ride a bike as a kid.”

RIDE IN THE RAIN

The Ride in the Rain challenge, a UW signature program that was key to claiming the gold, kicked off its 11th year of promoting bicycling year-round through Seattle's liquid sunshine.

The program promotes events, classes, prizes and a trip-logging competition online throughout the month of November. Participants are even treated to a luncheon up at UW Tower after a successful month of riding in to work or class in the rain.

This is the program's second year including Seattle Children's, and the first time the challenge has been hosted by Cascade Bicycle Club.

For more information on how to sign up for the 2014 Ride in the Rain challenge, visit the competition homepage via Luum.

BIKESHARE BEGINS

You've probably seen those shiny new green bikes around campus. In mid-October, Pronto! Cycle Share launched 50 stations and 500 bikes in some of Seattle's busiest neighborhoods, including the U-District.

Bike-share stations make bikes available at 10 stations in the U-District that can be taken from one station and left at another.

UW Transportation Services worked with Pronto! to place the sites on campus and secure a $10 discount on annual membership fees for U-PASS holders.

For more information on Pronto! Cycle Share memberships and how you can use the system, visit their website. ◆
“A CONSTRUCTION WORKER! I BET HE’S GOING TO JOIN FMC ONE DAY!”

- TROY SWANSON

TRICKS AND TREATS AT UW TOWER
“I’m fortunate to work in a great organization and supported with great team members. This year, Rachael Frost turned the event planning and coordination of our staff over to Audrey Walker and Lloyd Claassen. The result was evident – a tower of smiles that went off like clockwork.

The rewards in sharing our facility and time are threefold; the joy given to the children from our neighborhood, the UW Tower employees have a little fun at work and the Facilities Services team’s display of pride in ownership, hosting an event in a building they operate and maintain. The children’s smiles and joy are contagious and gives a lift to everyone involved—I’m sure it stirs memories.

This was my 15th year sharing the facility with future Huskies and I’d like to thank the folks in the UW Tower for taking a few minutes out of their busy schedules to share the special hour of fun we spent with our friends from the University District Children’s Center. As always, the costumes were great and I’ve noticed the folks I see in costume at work increases each year.

As we made our way through the building you hear the chatter of folks talking amongst their co-workers on how spectacular the children’s costumes were. It’s great the kids have a nice warm environment with their neighbors for their dry run for the evening’s event with friends and family.”

Troy Swanson
UW Tower Facility Manager
Campus Engineering & Operations

MORE PHOTOS ONLINE AT HTTP://GOO.GL/8RX2JG