



President's Corner

We're already headed in to a strong second half of our chapter year.



In January, John Rollins with The Westin Hotel at Towne Center in Virginia Beach provided us with a very impressive tour of the facility. Did you know that there are only 4-weeks out of the year that is considered down time for

them? Currently, they are renovating the restaurant and bar area.

Scott Mahone with the City of Norfolk spoke to our group about evacuating, how to respond and, available shelters in the area during a disaster. He focused on reducing the risk of total loss and operational devastation. Do you or your business have a plan in place?

Cont'd on page 3



IFMA Spring Golf Tournament
See Page 7

Please support our sponsors as they support you



What's inside:

President's Corner 1

December 2011

Holiday Social at Lawson Hall 2

Foodbank 4

Disaster Preparedness 5

AMERIGROUP-Keeping it Green 7

December 2011 Holiday Social at Lawson Hall

The Hampton Roads Chapter of IFMA celebrated the 2011 holidays with family and friends at Lawson Hall in Virginia Beach. Once again, Al Veeck, IFMA's Administrator, found a wonderfully unique venue for the function. Lawson Hall is a hidden, local gem. Everyone in attendance was charmed by the historic home and wondered how they were never aware of its existence.

Lawson Hall sits on the last untouched 7.5 wooded acres of land granted by King James in 1607. Colonel Anthony Lawson commissioned the building of The Hall in 1688. In early Virginia history, Lawson Hall served as a mainstay of hospitality. Generations of the Lawson family lived at The Hall until Surgeon General Thomas Lawson died there in 1861.

Throughout the course of the Civil War, Lawson Hall functioned as an officer's quarters for both armies. After the close of the war, Lawson Hall served as a school for the Freedmen's Bureau. At some point in the late 19th century, it is believed that Lawson Hall functioned as a hospital to handle a tuberculosis outbreak.

In 1914, after years of multi-purpose use, C. M. Hodgman rebuilt Lawson Hall for his family after Spanish moss on the roof caught fire. His daughter Cornelia and her husband Henning Fernstrom were the next generation to live at Lawson Hall. Upon her passing, Cornelia willed the property to her nephew Charles Hodgman. In 1989 he passed the property to his daughter Flossie Hodgman Tugwell and her husband Bob. After four generations, the Hodgman family sold Lawson Hall in 2005. In 2009, Skylar Gallagher and Margaret Wilcox started an event business at Lawson Hall hosting weddings, parties, etc. At the time of our social, the property had just sold again.

Cathlyn McPoland, Mary & Paul Gram and Peter Burke



Cathlyn McPoland; Mary & Paul Gram and Peter Burke



Paul Gram and Hakon Mattson of Amerigroup



Jenny Greiner, Palms Associates and Kathy Brooks, Liberty Property join David Pattishall of ValleyCrest

BOARD & COMMITTEE CHAIRS:

President, Nancy Mitchell-Veeck
nancy.j.mitchell-veeck@jci.com

Vice-Pres, Gardner Winstead
gwinstead@ebcusa.com

Past President, Michael Lee
mlee@slusbaum.com

Treasurer, Cathlyn McPoland
cmcpola@amerigroupcorp.com

Secretary, Todd Jones
todd@suncrossservices.com

Membership, David Pattishall
dpattishall@valleycrest.com

Programs, Kirk Baldwin
kbaldwin@hoffmanbeverage.com

Communications, Michelle Gold
Michelle.gold@abm.com

Outreach Chair, Paul Gram
paulgram@cox.net

Sponsorship Chair, Germaine Gauvin
germaine.gauvin@thyssenkrupp.com

Administrator, Al Veeck
mvainc1@aol.com

How to Reach Our Chapter:
www.ifma-hamptonroads.org
Email: ifmahr@aol.com
Phone: (757) 313-7400

Contact the Editorial Staff: Send comments and suggestions to the editorial staff. Article submissions are welcome and will be considered by the Chapter Board.

Mail: IFMAHR, PO Box 68639, Virginia Beach, VA 23471

Phone: (757) 313.7400

email: ifmahr@aol.com

President's Corner Cont'd

We are proud to announce an addition to our board. Germaine Gauvin has graciously volunteered as our Sponsorship Chair. She will be reaching out to all vendor members for annual sponsorships in addition to future activities.

We have a new service for members. You will now be able to pay for your meetings with a credit card. We will initiate this service with our March meeting at Amerigroup.

Please mark your calendars for our IFMA/ASHRAE Golf Outing on May 17th! This event which draws some 25 teams supports our community project – E4Kids – to upgrade energy systems in not-for-profit organization facilities who deal with children. Registration sheets for the tournament are available. Email ifmahr@aol.com and request a form.

Sincerely,
Nancy J. Mitchell-Veeck
President, IFMA Hampton Roads

December 2011 Holiday Social at Lawson Hall Cont'd

Gary Gompers and Ben Sutherland enjoy the evening



Vice President of IFMAHR Gardner and Rebecca Winstead



Paul Gram and Nancy Mitchell-Veeck work the annual gift giveaway

Foodbank



Renee Fiquelle, FoodBank of Southeastern Virginia accepts donation from IFMAHR President Nancy Mitchell-Veeck

The IFMA Chapter of Hampton Roads has made annual donations to the Foodbank of Southeastern Virginia for over 10 years. The Foodbank of Southeastern Virginia was founded in 1981 as a clearing-house for food for the hungry. Since its inception, the Foodbank has distributed more than 221 million pounds of food directly and through partner agencies within the community. The \$500 that IFMA donated to The Foodbank in 2011 represents 1,500 meals for the less fortunate in our community.

IFMA fund-raisers like the Spring Golf Tournament and the Fall Pig & Oyster Roast help fund our Outreach programs. In the past five years, IFMA donations have touched The Foodbank, St. Mary's Home for Infants and Children, 4Kids, and Habitat for Humanity. Thank you to our members and sponsors for their support of our chapter and its Outreach Programs!!

Annual IFMAHR/ASHRAE Pig & Oyster Roast - One Great Event!



DISASTER PREPAREDNESS

Our speaker for the February meeting was Scott Mahone from the Norfolk Office of Emergency Management. Scott shared with us the importance of an Emergency Response and a Business Continuity plan as well as sharing some of the details of the City of Norfolk's emergency plans.

If you are interested in the Emergency Plans of other Hampton Roads cities, below is contact information for their Emergency Managers:

Chesapeake, **Edmund (Ed) E. Elliott**, Fire Chief, 757-382-6297
304 Albemarle Dr, Chesapeake, VA 23322

Hampton, **Sara Ruch**, emoffice@hampton.gov, 757-727-1208
1300 Thomas St., Hampton, VA 23669

Newport News, **Kenneth L. Jones**, 757-269-2900
513 Oyster Point Rd., Newport News, VA 23602

Portsmouth, **Don Horton**, Fire Chief, 757-393-8765
309 County St. Suite 100, Portsmouth, VA 23704

Suffolk, **James T. Judkins**, Captain, Fire Dept., 757-514-4536
300 Kings Fork Rd., Suffolk, VA 23434

Virginia Beach, **Steve Cover**, Fire Chief, 757-385-4228
2408 Courthouse Dr, Municipal Center, Virginia Beach, VA 23456

Williamsburg, **William P. "Pat" Dent**, Fire Chief, 757-220-6225
444 N. Boundary St., Williamsburg, VA 23185

York County, **Stephen P. Kopczynski**, Fire Chief, 757-890-3600
PO Box 532, Yorktown, VA 23690

Cont'd on Page 6

IFMAHR Meeting Schedule cont'd

| Board Meeting Date | Chapter Meeting Date | Chapter Meeting Activity / Seminar |
|--------------------|----------------------|--|
| April 10, 2012 | April 17, 2012 | Green Practices Anyone Can Do* |
| May 8, 2012 | May 17, 2012 | IFMAHR / ASHRAE Golf Outing; Sleepy Hole |
| June 12, 2012 | June 19, 2012 | Power Management to Save Money* Annual Meeting & Election |
| July 17, 2012 | | Annual Board & Planning Meeting |

*Seminar. Will be held at the Chesapeake Conference Center

Disaster Preparedness Cont'd

Another helpful resource for disaster preparedness is the <http://www.ready.gov/business> website. In addition to the information below, it includes pdf templates to aid in creation of your own Emergency Response and Business Continuity plans.

Preparedness Planning for Your Business

Businesses can do much to prepare for the impact of the many hazards they face in today's world including natural hazards like floods, hurricanes, tornadoes, earthquakes and widespread serious illness such as the H1N1 flu virus pandemic. Human-caused hazards include accidents, acts of violence by people and acts of terrorism. Examples of technology-related hazards are the failure or malfunction of systems, equipment or software. Ready Business will assist businesses in developing a preparedness program by providing tools to create a plan that addresses the impact of many hazards. This website and its tools utilize an "all hazards approach" and follows the program elements within National Fire Protection Association 1600, Standard on Disaster/Emergency Management and Business Continuity Programs. NFPA 1600 is an American National Standard and has been adopted by the U.S. Department of Homeland Security.

The five steps in developing a preparedness program are:

Program Management

Organize, develop and administer your preparedness program

Identify regulations that establish minimum requirements for your program

Planning

Gather information about hazards and assess risks

Conduct a business impact analysis (BIA)

Examine ways to prevent hazards and reduce risks

Implementation

Write a preparedness plan addressing:

Resource management

Emergency response

Crisis communications

Business continuity

Information technology

Employee assistance

Incident management

Training

Testing and Exercises

Test and evaluate your plan

Define different types of exercises

Learn how to conduct exercises

Use exercise results to evaluate the effectiveness of the plan

Program Improvement

Identify when the preparedness program needs to be reviewed

Discover methods to evaluate the preparedness program

Utilize the review to make necessary changes and plan improvements



In today's business world, facility management teams are always looking for new ways to reduce their impact on the planet. Amerigroup recently implemented a new program to remove their organic food waste from the solid waste stream. They have contracted with a vendor to take their food waste and compost it. Food waste is collected in 13 gallon trash cans with

biodegradable/compostable liners in the food prep area. These cans are then emptied into 48 gallon trash bins with biodegradable/compostable liners. When the bins are full, the vendor empties and transports the waste for composting.

Organic materials—comprised of yard trimmings, food scraps, wood waste, paper and paperboard products—are the largest component of our trash and make up over two-thirds of the solid waste stream. According to the US Environmental Protection Agency, "Reducing, reusing, recycling, and rebuying—the four "Rs"—is key to diverting organic materials from landfills or incinerators and protecting human health and our land, air, and water. Waste reduction and recycling prevents greenhouse gas (GHG) emissions, reduces pollutants, saves energy, conserves resources, and reduces the need for new disposal facilities...Yard trimmings and food residuals by themselves constitute 24 percent of the U.S. municipal solid waste stream...Composting offers the obvious benefits of resource efficiency and creating a useful product."

As a nation, we have made remarkable strides towards recycling these materials, primarily through the development of effective composting technologies. Whereas in 1990 recovery via composting only diverted 2% of the total solid waste stream, we now recover 20% through composting, including 62% of all yard trimmings (USEPA, 2006a). Thanks to Amerigroup for their new food waste procedures which contribute to a greener planet!

COMPOSTING FACTS RESOURCE: USCC Position Statement: Keeping organics out of landfills