

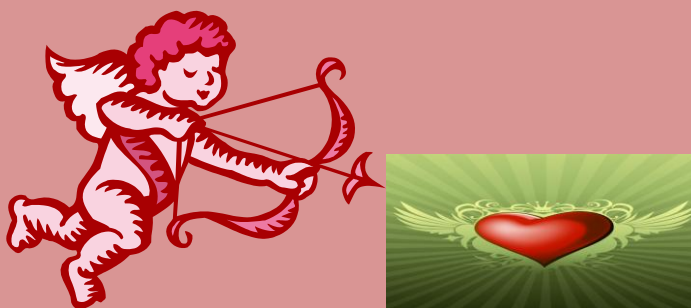


Philadelphia Building Managers and Operators Association

February 2010 Newsletter

*Promoting goodwill and networking between building owners, managers, and contractors.
Educating all people involved in the operations of maintaining office buildings through meetings.
Bringing together in volunteer efforts to assist various charities through donations, & fund raising events,*

Happy Valentine's Day



We hope you are enjoying the electronic newsletter. If there is anything you would like to see added, please let us know. With a "new and improved" website and conversion to a web-based newsletter, PBMOA hopes to be an even greater resource for news, information, etc. useful to our members. You can also view this newsletter or any prior newsletters on our website. If you would like a printed copy mailed to you every month, please contact Joan Stahley at 215-580-7352 or JStahley@septa.org.

Never been to a meeting or haven't been to one in the last year? Come and see what we are about. Join us for a meeting, compliments of PBMOA. Let us know which meeting you would like to attend and we will add you to the list. RSVP to Kirstin Harrington E-mail kharrington@401pmi.com or 610-668-5320.

Please visit our updated website at www.pbmoa.org and tell a friend! We added a new section for employment. You can post your resume or help wanted ad. Send either your resume or want ad to Kirstin Harrington (e-mail) kharrington@401pmi.com.

Word of mouth is the key to expanding our membership base. Spread the news and bring a friend.

PRESIDENT'S MESSAGE

Hello Everyone. I would like to tell you about an event that's coming up and would like to see as much participation as possible. It's our Monte Carlo Night Fund Raiser benefitting P.A.L. (Police Athletic League).

The event will be held at center Square, Lower Mezzanine, 1500 Market Street, Philadelphia, PA on April 8th from 5pm to 9pm. It will be a fun night as always. See you all soon !

Best Regards,

Philip S. Filippello

There will be no regular meeting in February. In lieu of the meeting, several of our members will be volunteering to serve dinner to the residents at the Ronald McDonald House in Philadelphia.

Thank you to all the volunteers who have signed up. If you missed this event, we will be serving again on March 30th, at the Front and Erie Streets house. Contact Kirstin Harrington (kharrington@401pmi.com) or 610-668-5320, if you wish to volunteer.

Member Updates

If anyone has any announcements they would like included in the newsletter (e.g. new jobs, promotions, births, marriages, etc.) please contact Joan Stahley, jstahley@septa.org or Todd Smith, tsmith@energy-products.com.

Welcome New Members- Thank you for joining and supporting our organization.

Alfred Berry, American Services Corporation
Cathy Ashcroft, Schnoll Painting
Denise Scheinert, Scheinert & Son, Inc
Harry Albright, Clean-Tech, Inc
Hatzel Buehler, Inc
Liz O'Mara, Paradigm Mechanical
Gene Pinto, Lor-Mar Mechanical
Ed Calvitti, Calvitti Cooling Towers, Inc

Retiring

Larry Spielvogel- Good luck Larry and we hope you enjoy your retirement.
Look for Larry's official letter in our next newsletter. He speaks of pending end to the utility rate cap. We will addressing this issue in further newsletters and possibly at the March 2010 meeting.

Deploying

Thomas Scheinert, son of Denise Scheinert, deployed January 4th, 2010 to Afghanistan. Best wishes to Thomas and we pray for a fast and safe trip home.

New babies

Mark Anderson, United Elevator, welcomed his second grandson, Shane Patrick Anderson, on January 11th, 2010. Parents, Ryan and Megan and older brother, Brennan, join the proud grandparents. Congratulations to the whole family.

Kathy Gross, CSI International welcomed her newest granddaughter, Keira Bernadette, on January 26th, 2010. Keira joins previous grandchildren twins, Sonny James and Reese Evyn born on September 28th. Sounds like Kathy has her grandmotherly hands full. Good luck Kathy.

Volunteering- Way to go Gary Rubin and staff at PCA

During the winter holidays, the staff at PCA gave up their annual party and instead served a multi-course catered dinner for the families staying at the Ronald McDonald House at St. Christopher's Hospital in Philadelphia.

Once we heard that the Ronald McDonald House needed help with meals, it was a no-brainer. I asked the staff and they were all very receptive to doing it. The PCA team was featured for their charity work at the Ronald McDonald House in the Philadelphia Business Journal and on WPVI 6.

Upcoming Events

2010

February 10th - Ronald McDonald House -Dinner serving. Chestnut Street House



March 11 – PECO- ACT 129

April 8 - Monte Carlo Night- Benefitting P.A.L.-1500 Market Street, Lower Mezzanine



May 19 - Golf Outing – JC Melrose Country Club, Cheltenham, PA



June 10 - To Be determined

Cupid is the most famous of Valentine symbols and everybody knows that boy armed with **bow and arrows**, and piercing hearts . He is known as a mischievous, winged child armed with bow and arrows. The arrows signify desires and emotions of love, and Cupid aims those arrows at Gods and Humans, causing them to fall deeply in love. Cupid has always played a role in the celebrations of love and lovers. In ancient Greece he was known as Eros, the young **son** of Aphrodite, the goddess of love and beauty. To the **Roman's** he was Cupid, and his **mother** was Venus.

There is a very interesting story about Cupid and His mortal Bride Psyche in Roman mythology. Venus was jealous of the beauty of Psyche, and ordered Cupid to punish the mortal. But instead, Cupid fell deeply in love with her. He took her as his wife, but as a mortal she was forbidden to look at him.



Psyche was happy until her sisters persuaded her to look at Cupid. as soon as Psyche looked at Cupid, Cupid punished her by leaving her. Their lovely castle and gardens vanished too. Psyche found herself alone in an open field with no signs of other beings or Cupid. As she wandered trying to find her love, she came upon the temple of Venus. Wishing to destroy her, the goddess of love gave Psyche a series of tasks, each harder and more dangerous than the last.

For her last task Psyche was given a little box and told to take it to the underworld. She was told to get some of the beauty of Proserpine, the wife of Pluto, and put it in the box. During her **trip** she was given tips on avoiding the dangers of the realm of the dead. She was also warned not to open the box. But Temptation overcame Psyche and she opened the box. But instead of finding beauty, she found deadly slumber.

Cupid found her lifeless on the ground. He gathered the deadly sleep from her body and put it back in the box. Cupid forgave her, as did Venus. The gods, moved by Psyche's love for Cupid made her a goddess.

Today, Cupid and his arrows have become the most popular of love signs, and love is most frequently depicted by two hearts pierced by an arrow, Cupid's arrow.

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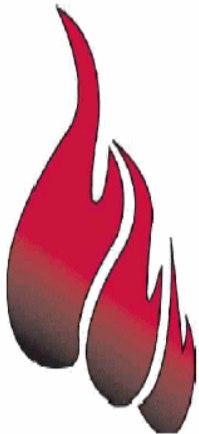
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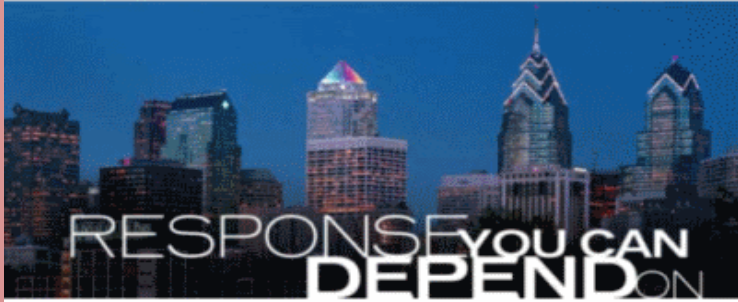
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TIPS ON HOW TO BE MORE ASSERTIVE

Situation #1

A new meeting time is being discussed.

The suggested meeting time is convenient for other people, but not for you. It will be impossible for you to attend regularly.

Your (non assertive) response:

“Well, I guess the time is OK. I’m not going to be able to attend very often, but it seems to fit everyone else’s schedule.”

A better (assertive) response: “This time is not convenient for me, and I’d really like to attend regularly. (State your feelings.)

“I know we’ve worked hard to find a meeting time that’s good for everyone, but I’d like to give it one more shot.” (*Request appropriate change.*)

Situation #2

You get upset when a friend tells you he volunteered your services as airport “chauffer.”

Your (aggressive) response:

“You’ve got some nerve committing me without asking first! Let them take a cab like everyone else.”

A better (assertive) response: “I don’t like it when you volunteer my time without asking me.” (*State your feelings*)

“In the future, please ask me before you make a commitment on my behalf.” (*Request appropriate change.*)

Assertive Person’s Bill of Rights:

You have a right to put yourself first sometimes.

You have a right to make mistakes.

You have a right to your own feelings, beliefs, and opinions

You have a right to change your mind or decide on a different course of action.

You have a right to speak up if you feel you’ve been treated unfairly.

You have a right to ask for clarification when you do not understand something.

You have a right to ask for help or emotional support.

You have a right to feel pain and to express pain.

You have a right to ignore the advice of others.

You have a right to receive formal recognition for your work and achievement.

You have a right to say “no.”

You have a right to be left alone when you want to be alone

You have a right not to have to anticipate other needs.

You may believe most (or all) of these “rights” intellectually, but you may not believe them in your heart. Intellectually you believe that “you have the right to put yourself first sometimes.” But a voice whispers that “nice people always put other people first.”

Question the old programming. Does this still make sense today?

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