



Philadelphia Building Managers and Operators Association

JANUARY 2010 NEWSLETTER

*To promote goodwill and networking between building owners, managers and contractors.
To assist all people involved in the operations of maintaining office buildings through educational
meetings.*

*To bring people together in volunteer efforts to assist various charities through donations, fund raising
events or “fun work days.”*

[FIRSTNAME],

Happy New Year!

We hope you are enjoying our new newsletter format.

We look forward to a 2009-10 season filled with a line up of exciting speakers, fund-raising events and holiday gatherings. 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 <http://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



Happy New Year and welcome to a new decade.

I hope everyone enjoyed their holiday.

I want to express the organization's thanks for the great turnout at the holiday party, I believe it was another successful event. Special thank you's to everyone who donated a toy for St. Christopher's. We collected ten 50-gallon trash bags of toys which was very much appreciated by the parents, children, and staff at St. Christophers Hospital. Your generosity is a true testament to the strength and caring of our organization and it's members

Best Regards,

Philip S. Filippello

January Meeting- Speaker Ivor Wood, AAA Safety, LLC- Winter Safety

January 14, 2010, 5:00 p.m.-8:00 p.m.

PNC BankCenter, 1600 Market Street, 2nd Floor, Philadelphia, PA

Happy Hour 5:00-6:00 p.m.

Speaker 6:00 p.m

Dinner at 6:30 p.m.

\$50.00 per person

AAA SAFETY LLC

Biography

Ivor Wood III, ASP, VP and Managing Partner of AAA SAFETY LLC, started his professional life working in commercial and residential construction as a plumber and equipment operator in the late 1980's. After working his way through college he earned a BS degree in Safety Sciences from Indiana University of Pennsylvania. Winning the outstanding internship award for his work at Standard Steel, Appleton Paper and Pulp, Veeder Root Corporation and Season All Industries gave him the opportunity to hone his ability to understand and communicate industrial hygiene, fire protection and risk management. After 17 years of progressing into senior safety management positions in fortune 500 manufacturing, construction and transportation industries, he decided he wanted a new and different challenge. More than three years later, he brings the skills and talents he learned in both careers to running AAA SAFETY LLC.

AAA SAFETY's Vice President and Managing Partner, Ivor Wood III has the Associate Safety Professional (ASP) designation from the [Board of Certified Safety Professionals \(BCSP\)](#), and is also Certified Occupational Hearing Conservationist from the Council for Accreditation in Occupational Hearing Conservation, he holds the Certified Smith System Instructor designation from the [Smith System Driver Improvement Institute, Inc.](#) He is a Member of the [American Society of Safety Engineers \(ASSE\)](#). He is active in the [Western Pennsylvania Chapter of ASSE](#), serving as a member of the **Leadership Conference Planning Committee.**

Ivor regularly publishes articles for ASSE newsletters, and LinkedIn Professional Safety Groups and has also published articles in ASSE's peer-reviewed journal Professional Safety. He is currently working on his book on Behavior Based Safety Culture – Return on Investment for Sustainable Safety Performance.

Ivor presents regularly at national level conferences, company safety meetings and insurance seminars and receives the highest praise for his speaking style and engaging presentations. He also provides webinars and audio conferences for organizations. If you would like to contact Ivor about a speaking engagement, please [click here](#).

Ivor is an authorized OSHA Outreach Trainer for both General Industry and the Construction Industry and a Qualified Safety Committee Instructor for the [Pennsylvania Bureau of Workers' Compensation - PennSafe Program](#)

UPCOMING EVENTS

2010

January 14 -Winter Safety, Ivor Wood, PNC Bank Center, 1600 Market Street, 2nd Floor, Philadelphia, PA

February 11 - Serving at the Chestnut Street Ronald McDonald House.



March 11 - PECO Presentation, ACT 129 and available rebate funding, 1600 Market Street, 2nd Floor, Philadelphia, PA

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



May 19 - Golf Outing - TBD

Prior Event

Holiday Party 2009



FOR MORE PICTURES - PLEASE VISIT HOLIDAY PARTY IN THE EVENTS TAB

How to Talk to Anyone...about anything
Tips on the art of small talk

How do you make your party—and everyday office encounters—a chance to connect with any coworker, even the CEO?

“It’s about making the other person feel comfortable,” says Bernardo Carducci, PhD., author of *The Pocket Guide to Making Successful Small Talk*. “You don’t have to be witty.”

Try these tips and you’ll have the gift of gab in no time.

Initiate conversation by commenting on your shared experience. “Nice weather we’re having.” “Isn’t that a beautiful centerpiece?” “These appetizers are delicious.”

Introduce yourself and give a few specifics that will invite comment or a query and help keep the conversation going. Don’t stop at “I’m Bill in accounting.” Try “I’m Bill, accountant by day and the softball team’s cleanup hitter by night.” Think up your opening line ahead of time so you’re not fumbling for words.

Go fishing for topics. You don’t have to be an expert. Build up a stash of ideas beforehand by reading up on current events. Or continue on a topic that someone else has already put out there. But don’t be afraid of silence—it takes time for people to process information and come up with responses.

Diverge if you can’t merge. Don’t know much about the current topic? It’s okay to start a new conversation thread. It’s like brainstorming. There are no bad ideas! Just lob something out and see what happens. Don’t go to extremes, though. Try to avoid chattering endlessly about your favorite topic or asking question after question.

Finish up by letting your new friend know that you appreciate his or her thoughts, “It was fun talking to you about....”

Larson, Alina. How to Talk to Anyone. Positive Thinking Magazine, Nov/Dec 2006

Member Updates

Welcome New Members

Alfred Berry- American Services Corporation

Kathy Gross- 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- Paul Calivtti Cooling Towers
Jason BerghaierHawks Painting

Thank you for joining and supporting our organization.

Retiring

Larry Spielvogel- Good luck Larry and we hope you enjoy your retirement

Deploying

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



WINTER SAFETY TIPS

Winter Weather Terms

Watches

Winter Storm Watch: Issued for the possibility of severe life-threatening winter weather conditions including: heavy snow, heavy ice and/or near blizzard conditions. Forecasters are typically 50 percent confident that severe winter weather will materialize when a watch is issued.

Blizzard Watch: Issued for the possibility of blizzard conditions. Forecasters are typically 50 percent confident that blizzard conditions will materialize when a blizzard watch is issued.

Lake-Effect Snow Watch: Issued for the potential for heavy lake effect snow.

Wind Chill Watch: Issued for the potential of wind chills of -25F or less, which can cause rapid frostbite and increase the risk of hypothermia.

Warnings

Winter Storm Warning: Issued for a combination of heavy snow and/or ice, of which, at least one exceeds or meets warning criteria. Winter weather is expected to cause life-threatening public impact for a combination of winter hazards including heavy snow, ice, near blizzard conditions, blowing and drifting snow and/or dangerous wind chills.

Heavy Snow Warning: Issued when 7 inches or more of snow is expected in 12 hours or less, or 9 inches or more is expected in 24 hours or less. Heavy Snow Warnings are issued when there is a high degree of confidence that the entire event will be snow.

Ice Storm Warning: Issued for a ½ inch or more of ice accumulation which causes damage to power lines and trees. Ice Storm Warnings are issued when there is a high degree of confidence that the entire event is expected to be ice.

Blizzard Warning: Issued when blizzard conditions are imminent or expected in the next 12 to 24 hours. Blizzard conditions include sustained or frequent gusts of or above 35 mph AND considerable falling, blowing and drifting of snow reducing visibilities frequently 1/4 mile.

Lake-Effect Snow Warning: Issued for 7 inches or more of lake-effect snow.

Wind Chill Warning: Issued when the wind chill is expected to be -25F or less. Frostbite can occur in less than 10 minutes.

Advisories

Winter Weather Advisory: Issued for a hazardous combination of snow, and ice of which neither meets or exceeds warning criteria. Issued for winter weather that will cause significant inconveniences or could be life-threatening if the proper precautions are not taken.

Snow Advisory: Issued when an average of 4 to 6 inches of snow is expected in 12 hours or less. Snow advisories are issued when there is a high degree of confidence that the entire event will be snow.

Freezing Rain Advisory: Any accumulation of freezing rain that can make roads slippery. Freezing rain advisories will only be issued when there is a high degree of confidence that the entire event will be freezing rain only.

Snow and Blowing Snow Advisory: Sustained wind or frequent gusts of 25 to 34 mph accompanied by falling and blowing snow, occasionally reducing visibility to a 1/4 mile or less for three hours or more.

Blowing Snow Advisory: Widespread or localized blowing snow reducing visibilities to a 1/4 or less with winds less than 35 mph.

Lake-Effect Snow Advisory: Issued for an average of 4 to 6 inches of lake effect snow.

Wind Chill Advisory: Issued for wind chills of -15F to -24F. Frostbite can occur in less than 30 minutes.

Home Safety

Family Disaster Plan

Families should be prepared for all hazards that affect their area and themselves. Follow these basic steps to develop a family disaster plan:

1. Learn your community's warning signals.
2. Meet with your family to create a plan. Pick two places to meet: a spot outside your home for an emergency such as fire, and a place away from your neighborhood in case you cannot return home (a real possibility during the day when adults are at work and children are at school). Choose an out-of-area friend as your family check-in contact for everyone to call if the family becomes separated.
3. Implement your plan. Post emergency telephone numbers by the phones. Install safety features in your house such as smoke detectors and fire extinguishers. Inspect your home for potential hazards and correct them. Have your family learn basic safety and first aid measures. Make sure everyone knows how and when to call 9-1-1 or your local emergency medical services phone number. Have disaster supplies on hand.

Home Emergency Supplies

Winter has arrived and you should stockpile the following supplies in the event a winter storm or power outage prevents you from leaving your home.

- Flashlights and extra batteries
- Battery-operated radio and extra batteries
- Emergency non-perishable foods that do not require refrigeration
- Non-electric can opener
- Bottled water
- One week supply of essential medicines
- Extra blankets and sleeping bags
- First aid kit and manual
- Fire extinguisher
- Emergency heating equipment, used properly

Winterize Your Home

Take the time now to get your home ready for the winter season by following these tips:

1. Have your heating system checked by a professional annually. This will ensure that your system is working safely and efficiently which, in turn, will save you money. If you heat by wood, clean your fireplace or stove. Have your chimney flue checked for any buildup of creosote and then cleaned to lessen the risk of fire.
2. Make sure your home is properly insulated. If necessary, insulate walls and attic. This will help you to conserve energy and reduce your homes power demands for heat.
3. Caulk and weather-strip doors and windowsills to keep cold air out.
4. Install storm windows or cover windows with plastic from the inside. This will provide an extra layer of insulation, keeping more cold air out.
5. Inspect and flush your water heater.
6. Clean gutters. Leaves and other debris will hamper drainage.
7. Replace batteries of smoke, heat and carbon monoxide detectors. If you did not do it when you set the clocks back, do it now.

To keep pipes from freezing:

- Wrap pipes in insulation or layers of old newspapers
- Cover the newspapers with plastic to keep out moisture
- Let faucets drip a little to avoid freezing
- Know how to shut off water valves

Staying Warm Indoors

If your heat goes out during a winter storm, you can keep warm by closing off rooms you do not need.

1. Use only safe sources of alternative heat such as a fireplace, small well-vented wood or coal stove or portable space heaters. Always follow manufacturers instructions.
2. Dress in layers of lightweight clothing and wear a cap.
3. Eat well-balanced meals.

Losing your heat when winters winds are howling is not pleasant. However, by following these simple tips, you will weather the storm more comfortably.

Protecting Water Pipes

To prevent the mess and aggravation of frozen water pipes, protect your home, apartment or business by following the simple steps below.

Before Cold Weather

1. Locate and insulate pipes most susceptible to freezing, typically those near outer walls, in crawl spaces or in the attic.
2. Wrap pipes with heat tape (UL approved).
3. Seal any leaks that allow cold air inside where pipes are located.
4. Disconnect garden hoses and shut off and drain water from pipes leading to outside faucets. This reduces the chance of freezing in the short span of pipe just inside the house.

When It's Cold

1. Let hot and cold water trickle at night from a faucet on an outside wall.
2. Open cabinet doors to allow more heat to get to un-insulated pipes under a sink or appliance near an outer wall.
3. Make sure heat is left on and set no lower than 55 degrees.
4. If you plan to be away: (1) Have someone check your house daily to make sure the heat is still on to prevent freezing, or (2) drain and shut off the water system (except indoor sprinkler systems).

If Pipes Freeze

1. Make sure you and your family knows how to shut off the water, in case pipes burst. Stopping the water flow minimize the damage to your home. Call a plumber and contact your insurance agent.
2. Never try to thaw a pipe with an open flame or torch.
3. Always be careful of the potential for electric shock in and around standing water.

If The Lights Go Out

If you lose electrical service during the winter, follow these tips:

1. Call your utility first to determine area repair schedules. Turn off or unplug lights and appliances to prevent a circuit overload when service is restored. Leave one light on to indicate power has been restored.
2. To help prevent freezing pipes, turn on faucets slightly. Running water will not freeze as quickly.
3. Protect yourself from carbon monoxide poisoning:
 - DO NOT operate generators indoors; the motor emits deadly carbon monoxide gas.
 - DO NOT use charcoal to cook indoors. It, too, can cause a buildup of carbon monoxide gas.
 - DO NOT use your gas oven to heat your home -- prolonged use of an open oven in a closed house can create carbon monoxide gas.
 - Make sure fuel space heaters are used with proper ventilation.
4. Keep refrigerator and freezer doors closed as much as possible to help reduce food spoilage.

Generator Safety

Electric generators can provide you with piece of mind and convenience when you are faced with a temporary loss of electric service.

Follow these safety guidelines when operating a generator:

1. Before installing a generator, be sure to properly disconnect from your utility electrical service. If possible, have your generator installed by a qualified electrician.

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For more information, contact:

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