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New Year, New You: Finding Balance at Work and at Home

At a time in history when most of us find ourselves struggling to find time to do everything we need to get done, and most Americans report feeling “out of balance” and stressed. What are some strategies to find balance between work, family, health, and achieve a higher quality of life? How does exercise and positive mental attitude translate into success? What are the secrets of top performers in the work place who manage to translate this success into their personal lives?

Jose Maresma, M.S., is an Exercise Physiologist with Nuvita Corporate Wellness Solutions. He has 25 years of experience in wellness. He will address the Facility Manager Association of New Mexico and their associates about healthy lifestyle, happiness, and work. Jose will touch on “The Happiness Advantage”, a curriculum used at Nuvita. Based on the science of positive psychology, this is the science of looking at what the most successful and fulfilled individuals are doing in their everyday lives. Jose will explain the broken paradigm of “If I’m successful, then I will be happy”, and talk about how being in a state of gratitude actually fosters the greatest success, overall happiness, satisfaction, and productivity. The “90/10” is very real strategy which top performers utilize to approach the world: 10% about what is happening, and 90% about how you choose to look at it.

In addition Jose will touch on healthy nutrition and how it actually helps protect us from the symptoms of depression, exercise and how it actually makes us smarter, and provide real stress management tools. He will explore how the integration of healthy habits is essential not only for physical health, but to maintain the energy and mental focus necessary to be a top performer at work and at home.

Plan now to attend this important meeting which touches everyone in the workplace. Reservations are always necessary. Email (preferred) carolee@fmanm.com or call Carolee at 505-975-6753 to be included. The meeting will be held at Garduno’s Uptown Restaurant on Wednesday morning, January 15th, beginning at 7 am. Members pay \$30.00 and non-members \$35.00. First time facility managers always in free but you must reserve your place.

Message from Our New President



Looking on the accomplishments of our Facility Manager Association of New Mexico’s team in 2013 I must say the bar has been set high. I would like to thank our outgoing president, Joseph Rodriguez, for his leadership and friendship. As we start 2014, let’s all be mindful of our ability to be alive and well in this economy. Our continuing and incoming Board Members are all greatly appreciated for all the time and effort they have given and will continue to give in 2014. Our membership base also has continued to be supportive on community and educational needs. It is my hope that as we go through 2014 we not only continue to meet the needs of our community but excel in giving back what we as aygroup can do via our fundraising efforts such as the golf tournament.

As a side note always remember that Thanksgiving and Christmas are not the only times of the year that people may need help. As we start off with our January meeting discussing health and wellness, we will hit the ground running. I hope you will continue to interact and network with one another, and invite others to our meetings so that the whole state of New Mexico may come to know what FMANM is all about. A big thanks to Carolee Griffin, our Executive Director, as she continues to organize and set up our meetings.

I hope all of you have a safe, blessed and happy new year. I look forward to serving you in 2014.

George Jimenez

Facility Manager, New Mexico Educator’s Federal Credit Union
President, Facility Manager Association of New Mexico



Executive Director - Carolee Griffin

Another year is in the books. The Facility Manager Association of New Mexico experienced tremendous growth and change for the better in 2013, despite a still struggling economic environment. FMANM had the best turn-out at this year's golf tournament in the organization's history. The Isotopes baseball game was sold out for the 8th year in a row. The venue for the FAB O & M Show at Sandia Resort and Casino brought more than 60 suppliers to showcase their goods and services and 300 facility personnel to the aisles. **FMANM now counts the additional members from the New Mexico Society for Healthcare Engineering among our ranks.** New faces have joined the Board of Directors and new officers are in position to lead the group into the future.

What does all this mean? It means that this organization is well positioned to be stronger than ever, thanks to your continued support, dedication, and feedback. The upcoming year's meeting agendas and events will be no exception. FMANM's growing strength has brought it favorable attention in the business community, allowing us to book some very exciting speakers in 2014.

All this being said, it is vital that we continue in this direction. The officers and the Board of Directors and our volunteers play a part in this effort, but also a HUGE responsibility lies with the membership-at-large to promote, advertise, invite, include, and welcome new and current facility managers and members.

Make FMANM a frequent part of your business interactions. Invite guests to accompany you to the monthly breakfast meetings. Remember, first time facility managers attend for free! Organizational growth, in large measure, is more important than any other FMANM endeavor. See YOU in January.



FMANM Vision Statement: Establish and implement an organization to promote education, information, solutions and opportunities associated with the operations, maintenance, and sustainability of facilities.

Upcoming Events Calendar 2014

Wednesday, January 15th

7:15 am, Garduno's Uptown
Dealing with Stress in the Workplace

Wednesday, February 19th

7:15 am, Garduno's Uptown
Got Gas? Natural Gas Purchasing Strategies

Wednesday, March 19th

7:15 am, Garduno's Uptown
Need CEUs? We Can Help

FMANM 2013 Membership List

ABM Janitorial Services • **Access Technologies** • Ace Asphalt
 Advantage Security • Albuquerque Public Schools/Operations Dept
 All American Moving Services • Alvarado Management Ltd.
 American Leak Detection of NM • Amerind Risk Management Corp.
Armour Pavement • **Ashcraft Mechanical** • B & D Industries
 Baptist Convention of NM • Bath Engineering Corporation
Beaudin Ganze Consulting Engineers • Bixby Electric
 Blue Cross Blue Shield of NM • Bob's Painting
 Boyd Engineering Supply • Brian McPartlon Roofing LLC
 Britton Construction • Business Environments • Carnes & Company
 Carrier • CB Richard Ellis • CentiMark Roofing
 Chaparral Materials • ChemSearch
 City of Albuquerque/Aviation Dept
 CNM/ School of Applied Technologies • **Construction Reporter**
 Coronado Center • Coronado Paint & Decorating Inc.
Crenshaw Consulting Group • Cutting Edge Painting
 Dion's Pizza Construction
D.R.B. Electric • Employbridge/Staffing Solutions • Energy Control Inc.
 Enernoc • **Everguard Roofing & Solar**
 Engineered Equipment Sales & Testing • Engineering Economics Inc.
 eKore • Facility One • Furniture Medic by Bespoke Restoration
 Gary Stevens LLC • Greater Albuquerque Habitat for Humanity
 Greer Enterprises • Heel Inc. • Honeywell DAS • IEC Electronics
 Improve Group • Industrial Water Engineering • Innovative Moving Systems
 Insight Construction • Institute of American Indian Art
 Integrated Control Systems • Jan-Pro of NM, Inc.
 Johnson Controls • Jones Lang LaSalle • Just Sprinklers
 Kinetic Improvement • **Klinger Construction**
KONE Elevator and Escalator • Ladera Engineering • La Vida Llena
 Route 66 Casino/Laguna Development Corporation
 Laun-Dry Supply Company • Lovelace Respiratory Research Institute
 Maintenance Service Systems • Matheson-TriGas Inc.
 Mesa Detection Agency • **Mesa Equipment** • **Mike's Quality Painting**
 Miller Bonded • Mountain Vector • **Moving Solutions**
 MSR-FSR • National Dance Institute of NM • National Roofing
 Network Communications Integrated
 New Mexico Air Filter • State of NM/Building Services Division
 New Mexico Educators Federal Credit Union • New Mexico Gas Co.
 New Water Innovations • Noribachi • Orkin Pest Control
 OSO Bio PharmaSolutions • Overhead Door Co.
Paul Davis Restoration and Remodeling • Planet Forward LLC
PNM • Prime Therapeutics Inc. • Professional Business Systems, Inc.
 Progressive Services • Pure Water Solutions • QMI New Mexico
 Quail Run Association • R.E. Michel Company, Inc. • **RoofCARE**
 Royal Electric Co. • Sandia Laboratory Federal Credit Union
Sandia Resort & Casino • **Sandoval County Public Works**
 Santa Fe Community College • Schindler Elevator
Sealant Specialists, Inc. • Security Hardware Solutions
 ServiceMaster Performance • **Servicon Inc.**
 ServPro of NE Albuquerque • ServPro of Northwest Albuquerque
 ServPro of Rio Rancho/Sandoval County
 Sherwin-Williams Paint Co. • Simard Electric Services LLC
Simplex Grinnell • SMG/Albuquerque Convention Center
 SMI Facility Services • Southwest Door Services
 Southwest Infrared Services Inc.
 State Bar of New Mexico • State of NM/Building Services Division
 Steamatic of Albuquerque and Santa Fe
 Stewart and Stevenson • Sunland Asphalt • SW Asset Management
 The Groundskeeper • **The Johnston Company Inc.**
 Thyssen Krupp Elevator • TLC Plumbing and Utility
 TP Pump • Transcore • Tremco • Travers Mechanical Services
 Trinity Solutions Group • Tux Window Cleaning Ltd.
 University of New Mexico Hospital • Upland Corporation
Voss Lighting • **Western States Fire Protection**
 Williamson Restoration • Wilson Mohr Inc. • Windsor Door Sales
 Wisco Supply • **WM Carroll LLC** • Workspace Dynamics
Yearout Mechanical Service, LLC • Zia Rising Management

Special thanks to our Corporate Members in bold

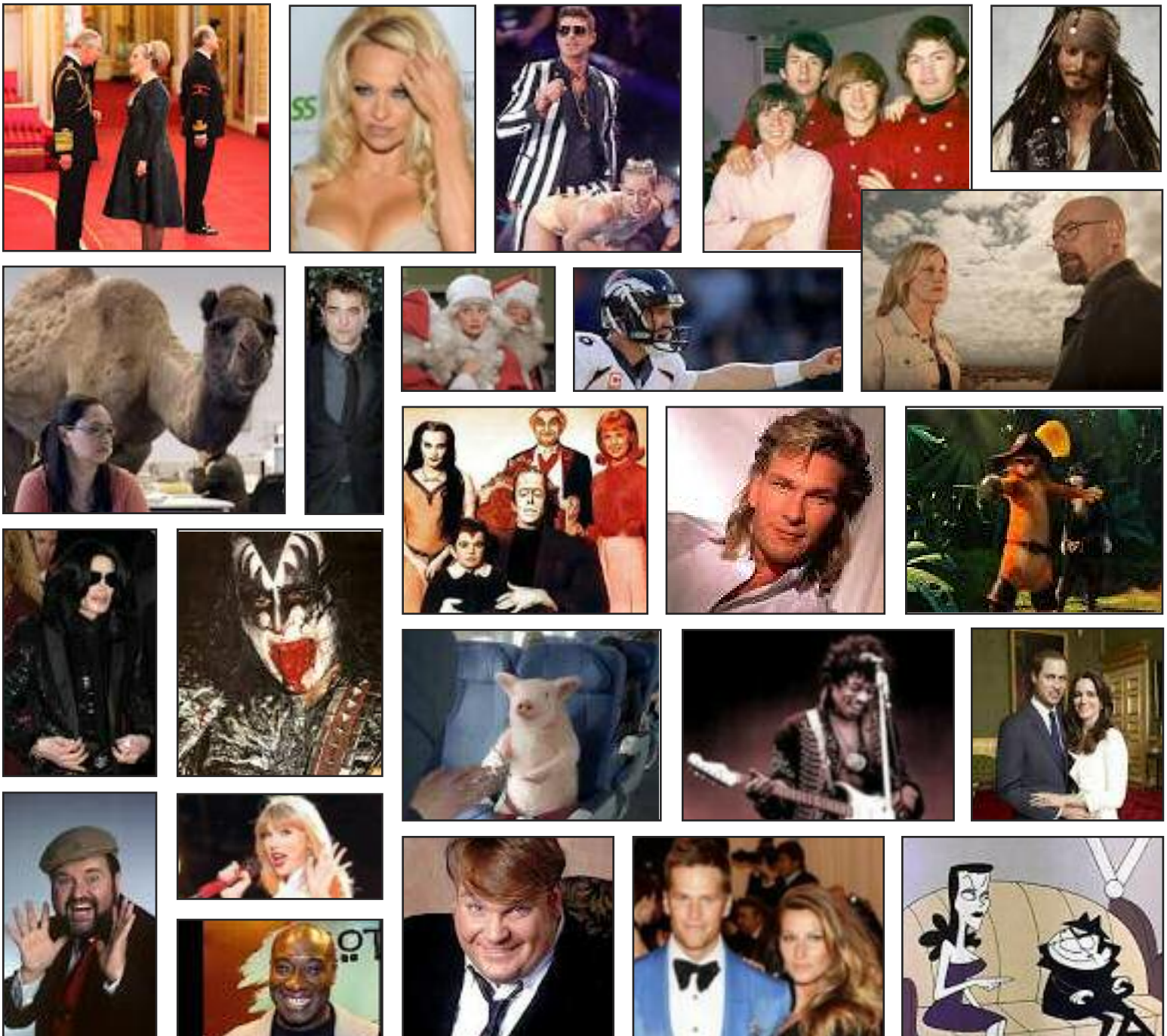
Holiday Party Nets Bucks for Joy Junction and Fun for All

Happy folks in the holiday spirit enjoyed an early afternoon of camaraderie while contributing to the coffers of a local community homeless shelter at the December gathering of the Facility Manager Association of New Mexico. Commandeering the golf course club house, the frosty mountain view provided the backdrop for the classy soiree with a philanthropic twist.

FMANM's out-going president Joseph Rodriguez collected checks for Joy Junction and personally delivered the funds on the group's behalf on the next day. About 40 facility managers

and their guests and service providers enjoyed delicious food and beverages as the sun set over the West Mesa. Guests included visitors all the way from Denver and Phoenix, all cheerfully supporting the organization in its efforts to help those less fortunate.

FMANM completed 2013 on a high note with the most successful golf tournament in the organization's history which was held in July, followed by the sold-out and heavily attended Facility and Building Operations and Maintenance Show held last October.



A Big Welcome to Our New Board Members



FMA Vice President - Tom Plummer

Tom brings extensive knowledge of facilities management and a skill set reaching afar into other fields. Augmented by his considerate, thoughtful demeanor, he will make an immediate positive contribution to the organization.

After 12 years of doing water and wastewater engineering for the US EPA and the Indian Health Service, Tom broke into the field of healthcare facilities. Shortly after he was hired as the Facilities Manager for the old Fort Defiance Indian Hospital in Ft. Defiance, AZ, an \$80 million new construction replacement hospital was funded, along with a \$30 million subdivision for staff housing. After these new facilities were completed, Tom stayed on, and was promoted to Director of Support Operations.

He retired from the IHS in 2006 and was hired by San Juan Regional Medical Center in Farmington as the Manager of Engineering. During his 11 years in healthcare, Tom was active in the New Mexico Society for Healthcare Engineering – which is now the FMANM Committee for Healthcare Engineering. Currently, Tom serves as a Senior Project Manager for the U.S. Army Corps of Engineers. In December 2013, Tom was elected to be the next FMANM Vice President.



FMA Director - Selby Lucero

Selby is an architect currently holding the position of Facility Manager for Sandia Laboratory Federal Credit Union. Selby graduated from the University of New Mexico with a Bachelor's Degree in Architecture and

have been a registered New Mexico architect since 1985. With over thirty years of broad facility management experience including project management, leasing management, facility management, maintenance and preventive maintenance management, he has supervised and managed large maintenance organizations. He has worked for the State of New Mexico's General Services Department and the Rio Rancho Public Schools in the recent past.

In his words, "During my career I am proud that I have been the President of the National Association of State Facility Administrators. I have also helped guide the State Building Services Division to Roadrunner Level Recognition from Quality New Mexico and was also recognized with a National Innovation Award from NASFA for our Quality Improvement Process. With the Rio Rancho Public Schools I was recognized with a Silver and a Bronze Ben Lujan Maintenance Achievement Awards."

CHECK US OUT ON THE WEB AT WWW.FMANM.COM

Balance in Your Life Wednesday, January 15th

Make reservations now to join the Facility Manager Association of New Mexico to hear important information on how to lead a healthy, stress-free life at work and at home. You must rsvp by 5 pm on Monday, January 13th, to be included.

Please rsvp to carolee@fmanm.com (preferred) or by calling 505-975-6753.

When: Wednesday, January 15th, 2014, at 7:15 a.m.
(Arrive early for coffee and connections)

Where: Garduno's Uptown
2100 Louisiana Boulevard NE
Albuquerque, NM (505) 880-0055

Cost: \$30 to Members
\$35 to Non-Members



Join us for a Southwestern style breakfast buffet!