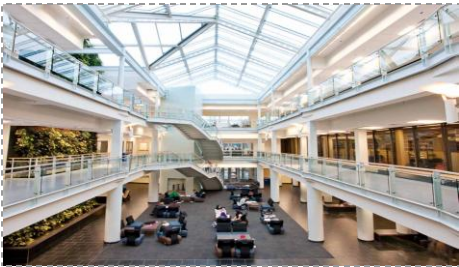


Facilities Management Newsletter

Welcome to another issue of the Facilities Management Newsletter – keeping our Department connected and informed. Hope you enjoy!



Upcoming Events

Larry Uteck Golf Classic
Tue, June 15, 10:30am – 7:00pm
Sherwood Golf and Country Club, Chester
For information contact Patsy Calbury at 420-5429 or patsy.calbury@smu.ca

Time for Tea
Sun, June 20, 3pm – 5pm
870 Young Ave.

For more information about these and other events, check out the Events and News Section of the Saint Mary's University website.

What's New at Facilities Management?

As we have bid farewell to Kim Harrie and GERALYN MacLellan we welcomed a new face here at the Facilities Management Office, LoffieAnn Downey. In this month's issue, we are going to learn a bit more about LoffieAnn as she is featured in the "Getting to know..." section of this newsletter.

LoffieAnn is not the only new face here at Facilities Management as we have our Summer Student Hires onboard; Sustainability Analyst, Custodial, Painting, Grounds Keeper, and Trades Assistant.

We wish Kim and GERALYN all the best in their future endeavors. We also hope that you enjoy this month's issue of the Facilities Management Newsletter.



Inside...

- Out and About Halifax
 - Sustainability Corner
 - Getting To Know: LoffieAnn & Ken
 - Health & Wellness
 - Crossword Puzzle



Out and About Halifax...

It is that time of the year again when Halifax is bustling with activity. Here are some events for the month of June. Hopefully you get to enjoy some of them.

Scotia Festival of Music

May 30 – June 13

For more information visit:

<http://www.scotiafestival.ns.ca/2010/festival-2010>

25th Annual Halifax Greek Fest

June 10 – 13

St. George's Greek Orthodox Community

38 Purcell's Cove Road, Halifax

<http://www.greekfest.org/>

Cirque Estival

June 11 & 12

Halifax Forum

2901 Windsor Street, Halifax

http://ww3.ticketpro.ca/event.php?event_id=1095

CATCH: The Nova Scotia Seafood Festival

June 19 & 20

Cunard Centre, Halifax

<http://www.novascotiaseafoodfestival.com/event-information>

Canadian Naval Centennial: Halifax International Fleet Review

June 26 – July 2

Halifax Harbour

<http://halifaxifr.ca/en/home/tabid/61/default.aspx>



Sustainability Corner

Sustainability – what's the big deal?

All the choices and actions that we make today will affect everything in the future. We need to make sensible decisions to avoid limited resources and harmful effects in the future. Here are a few sustainability tips.

- Avoid buying single serving products. This is a very expensive and wasteful practice. Single serving products cost more and use more packaging. Fight the temptation to get these items.
- Eliminate the purchase of disposable products. We all pay a price for convenience – Use the real thing: cloth napkins, towels, handkerchiefs; reusable dishes and utensils, rechargeable batteries, and other durable goods.
- Use refillable mugs, bottles or cups. This will help you save money on your coffee or tea purchases, eliminate the cost of buying bottled water, and reduce waste (disposable cups and lids).
- Pack lunches and snacks in reusable containers – avoid the aluminum foil, plastic wrap and plastic baggies.



Getting to know...

LoffieAnn Downey Acting Secretary



How long have you been working here at Facilities Management?

“About 7 weeks and enjoying every minute of it.”

Tell me a little bit about yourself.

“I am from Toronto, Ontario – born and raised. I’ve been here in Nova Scotia (Dartmouth) for about 2 months. I was a hair stylist for about 7 years before getting into the Administrative field. I am really loving the City so far.”

Do you have any hobbies?

“Yes. Writing poetry, knitting – *yes, I knit*, and spending time entertaining friends and family. Oh, and I love to laugh.”

What helps you unwind from a hard day at work?

“Being curled up on the sofa with a little bit of Jazz, a glass of red wine, and a nice hot meal.”

Random question: What is your favourite candy bar?

“Aero Chocolate Bar!”





Getting to know...

Ken Jakeman

Electrician

How long have you been working here at Facilities Management?

“30 years.”



Tell me a little bit about yourself.

“I enjoy sports; I’m a hockey fan – play a little myself. Proud of what the Huskies did. I also like to spend time with family and friends.”

← SMU Huskies celebrating their CIS Men’s Hockey Title – March 2010

Do you have any hobbies?

“Motorcycles and old cars – I like working on them.”

Any health and wellness tips you would like to share with your coworkers?

“Don’t carry any stress around with you. Also, try to get along with everybody (the other employees).”

“Success consists of going from failure to failure without loss of enthusiasm.”

-Winston Churchill

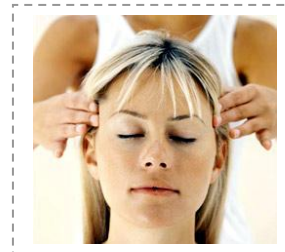
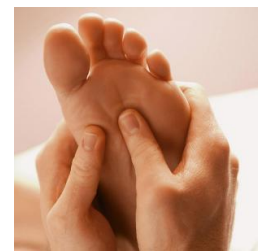
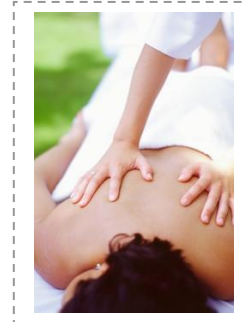


Health & Wellness

When most people hear the word **massage**, they tend to drift off on a cloud of relaxation. It is important for us to realize that massage therapy provides a lot more benefits than mere relaxation. Some of these benefits are listed below. Please note that massage therapy is not suitable for persons with certain medical conditions so it would be wise to check with your doctor before making an appointment. Overall, massage therapy is supposed to put your body and mind into a state of wellbeing – who doesn't need that?

Physical Benefits of Therapeutic Massage

- Helps relieve stress and aids relaxation.
- Helps relieve muscle tension and stiffness.
- Alleviates discomfort during pregnancy.
- Fosters faster healing of strained muscles and sprained ligaments.
- Reduces pain and swelling, reduces formation of excessive scar tissue.
- Reduces muscle spasms.
- Provides greater joint flexibility and range of motion.
- Enhances athletic performance; treats injuries caused during sport or work.
- Promotes deeper and easier breathing.
- Improves circulation of blood and movement of lymph fluids.
- Reduces blood pressure.
- Helps relieve tension-related headaches and effects of eye-strain.
- Enhances the health and nourishment of skin.
- Improves posture.
- Strengthens the immune system.
- Treats musculoskeletal problems.
- Rehabilitation post operative.
- Rehabilitation after injury.



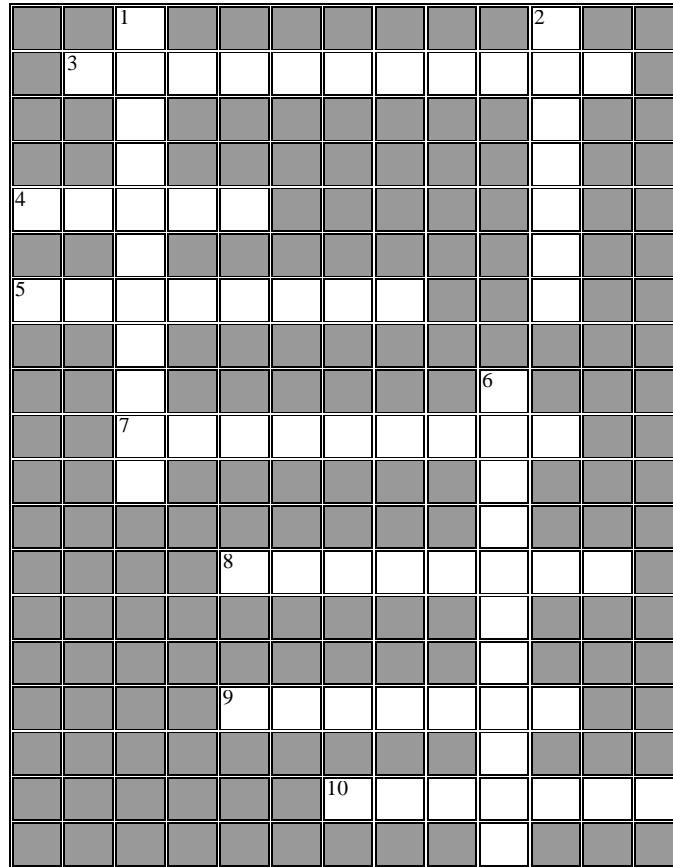
Mental Benefits of Massage Therapy

- Fosters peace of mind.
- Promotes a relaxed state of mental alertness.
- Helps relieve mental stress.
- Improves ability to monitor stress signals and respond appropriately.
- Enhances capacity for calm thinking and creativity.
- Emotional Benefits.
- Satisfies needs for caring nurturing, touch.
- Fosters a feeling of well-being.
- Reduces levels of anxiety.
- Creates body awareness.
- Increases awareness of mind-body connection.

(Source: The Magic of Massage by Tanushree Podder. Edition: 2005 Pages 20-21)

Crossword Puzzle

All of the answers can be found in this issue of the Facilities Management Newsletter!



ACROSS

3. Ken Jakeman has an interest in these.
4. Type of Festival taking place in Halifax in June.
5. This is one of LoffieAnn's hobbies.
7. This person gave us some wise advice about success.
8. Summer Student Position.
9. Type of goods you should be buying.
10. Who knew these bugs would be so famous...

DOWN

1. We all pay a price for this.
2. Such a big deal that it has its own Festival.
6. Massage Therapy enhances this in joints.

“Success is nearest to those whose efforts are intense and sincere.”

-Patanjali, the founding father of yoga

