



○ March

○ 2010



Facilities Management *Newsletter*

Welcome to the first issue of the Facilities Management Newsletter. The purpose of this newsletter is to keep the Facilities Management Department connected and informed on what's going on within the department and on campus. It also provides useful tips and ideas for your professional and personal life. Hope you enjoy.

Upcoming Events

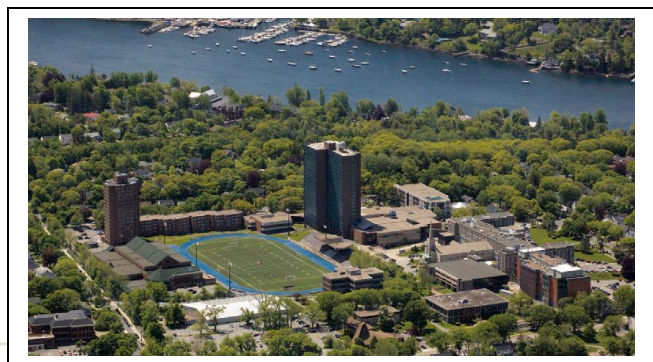
Facilities Management - Wellness Day
March 3 - 12:30pm – 3:00pm – Sobey 4th Floor
Sustainability Week 2010
March 15 – 19
Visit www.smu.ca/sustainability for the schedule of events

Facilities Management – Fundraising Guru?

Thanks to the efforts of Kim Harrie, Facilities Management Secretary, our department raised a total of \$943.32 for the Haiti Relief Fund.

Kim started a donation box at the front desk and hosted “Donaiti to Haiti” where delicious treats were given out for donations received.

Special thanks to Kim and to all those who donated. The people of Haiti will appreciate the generosity.



Inside...

- Sustainability Corner
 - Health & Wellness Tips
 - Getting To Know: Darlene McNeil
 - Olympics Buzz: Staff Interviews
 - Crossword Puzzle



Sustainability Corner

Sustainability is a very popular issue in today's world. This is due to the rapid reduction in natural resources and the increasingly negative effects that our everyday waste and by-products are having on the environment. Here are a few helpful sustainability tips.

- Reuse grocery bags as garbage bags – not only will you be helping the environment but also saving money in the process.
- Instead of throwing out clothes you no longer want, drop them off in one of the used clothes bins around campus or at your nearest Salvation Army or thrift store.
- Take your old magazines to your local doctor's, clinic, barber's, hairdresser's, or any other establishment that has a waiting area.
- Don't keep the tap running while brushing your teeth. This is a two for one as you will be conserving the water supply while saving money on utility bills.

You can get more sustainability information from the Greening SMU newsletter which is published monthly at www.smu.ca/sustainability.

SOMETHING TO THINK ABOUT:



“Exert your talents, and distinguish yourself, and don't think of retiring from the world, until the world will be sorry that you retire.”

-Samuel Johnson

Health & Wellness



Beat the Winter Blues – If you or anyone around you are not allergic, get a bunch of fresh flowers for your home or workspace. This should help you feel more relaxed and less stressed. Plus the fresh flowers will bring about a feeling of spring while it is winter outside.



♪ Just Dance! ♪ You may think it silly but consider this your personal challenge for today: When you get the chance, put some of your favourite tunes on, crank up the volume and dance like there is no tomorrow. You can either do this at home alone or with family and friends. This should help relieve any stress you may be feeling. A bonus is that you will also burn some calories.



Health & Wellness continued...



The “Apple a Day” Challenge – Try eating atleast one portion of fresh fruits or vegetables everyday. Fruits and vegetables are loaded with essential vitamins, minerals and fiber that our bodies need to operate at an optimal level. This small change in your diet can translate into huge health benefits.



Getting to know... *Darlene McNeil* Custodial Lead Hand (Campus, Daytime)



Getting to know... is a feature article that will interview a staff member every edition. We thought you might like to hear from your coworkers.

How long have you been working at Facilities Management?

“5 years.”

What do you like most about your job?

“Working with the students.”

Some people love the winter, some not so much. How do you feel about winter?

“I don’t like the salt that it brings to Saint Mary’s because it brings extra work for everyone and it keeps me away from gardening.”

What helps you unwind – say, from a hard day’s work?

“Spending time with my grandchildren, listening to music and gardening.”

If you could have super powers what would they be?

“To bring peace to the entire world and to ensure that no child would ever go hungry.”

Olympics Buzz



An interview with:

Gary Crawley (Custodial)

Did you see the opening ceremony of the Olympics in Vancouver; and did you do anything special for this?

“No.”

Have you been keeping track of the Olympic Games?

“Most of it, not 100 percent. Down hill, two and four man bob sledding, figure skating, men’s and women’s curling, and men’s and women’s hockey.”

Which of the Olympic Games is your favourite?

“I have two, figure skating and hockey.”

There has been much talk surrounding the flowers given to the Olympic winners this year, what is your opinion on this?

“Didn’t really like them, didn’t represent Canada too much with the green. They were just blah.”

In your opinion, how do you think Canada performed in the Olympics?

“I think they performed really well, especially compared to the other bigger countries.”

Did you expect this performance?

“About 75 percent, not 100 percent.”



An interview with:

Keith Rendell (Carpenter)

Did you see the opening ceremony of the Olympics in Vancouver; and did you do anything special for this?

“I did see the opening. Did nothing special, just enjoyed it.”

How would you describe the opening ceremony to anyone who missed it?

“Unique. A little embarrassing with the technical glitch, but exciting.”

Have you been keeping track of the Olympic Games?

“Yes. I watch quite a bit of it.”

Which of the Olympic Games is your favourite?

“Nordic.”

There has been much talk surrounding the flowers given to the Olympic winners this year, what is your opinion on this?

“The idea of the flowers is honourable (symbol of peace and brotherhood; replaced the olive vines when the Olympics first started) but holding the flowers looked a little ‘hooky’ for the men.”

In your opinion, how do you think Canada performed in the Olympics?

“First class; excellent.”

Did you expect this performance?

“No. I expected them to do well but they did very, very well.”



An interview with:

G. F. Wood (Grounds Keeper)

Did you see the opening ceremony of the Olympics in Vancouver; and did you do anything special for this?

“Yes. A couple of us got together to watch the opening ceremony and had a few ‘brewskies’.”

How would you describe the opening ceremony to anyone who missed it?

“You’d have to be there to appreciate it.”

Have you been keeping track of the Olympic Games?

“Yes, I’ve been watching it here and there, didn’t get to watch it all of the time.”

Which of the Olympic Games is your favourite?

“I like the hockey.”

There has been much talk surrounding the flowers given to the Olympic winners this year, what is your opinion on this?

“It was different.”

In your opinion, how do you think Canada performed in the Olympics?

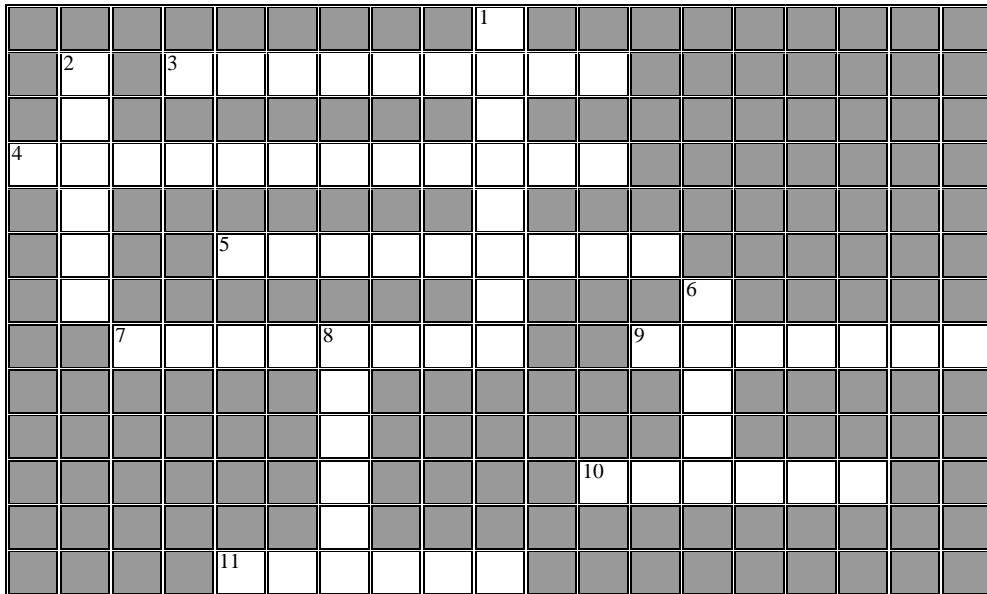
“They did good, there were a few incidents and accidents but overall they did good.”

Did you expect this performance?

“Yes, they worked hard for it.”

Crossword Puzzle

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



ACROSS

DOWN

3. Darlene McNeil enjoys doing this.
4. Use these instead of buying garbage bags.
5. Take the old ones to your local Doctor's office.
7. March 3 is a day that will be dedicated to this.
9. Helps reduce stress and burns calories.
10. Word used by Keith Rendell to describe the Olympics opening ceremony.
11. A favourite Olympic Game of both Gary Crawley and G Wood.

1. You get these from fruits and vegetables.
2. Fresh flowers will bring about the feeling of this Season.
6. Facilities Management raised a lot of money for this cause.
8. Keith Rendell's favourite Olympic game.

“Every day do something that will inch you closer to a better tomorrow.”

-Doug Firebaugh

