



From the Associate Director

We will all enjoy this month's holiday when JMU celebrates the legacy of Dr. Martin Luther King Jr. Dr. King said *"Take the first step in faith. Great advice! And he continued, "You don't have to see the whole staircase, just take the first step."*

As the new year begins, we cannot see what lies ahead for Team FM in 2020. Of course, we all hope that our workload will be made up of predictable, routine tasks that we can easily achieve. But inevitably, things happen. Our staff may face some unexpected situations, and perhaps, face some that are challenging—even to our pros!

Team FM has always been made up of folks who, when the need arises, are willing to take that first step. As a team, our collective knowledge and experience enables our successes. What one of us cannot do alone we can do together. With all of our shops, trades professionals, leaders, standing strong as Team FM, we can begin the new year with confidence. Team FM's New Year's Resolution can be that we'll be even more awesome this year than last year! Happy New Year!

Rodney Lam

Winter break Time & Attendance Record:

| 19-Dec | 20-Dec | 23-Dec | 24-Dec | 25-Dec | 26-Dec | 27-Dec | 30-Dec | 31-Dec | 1-Jan |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|
| Thu | Fri | Mon | Tues | Wed | Thurs | Fri | Mon | Tues | Wed |
| RL 4 | RL 8 | RL 8 | H 8 | H 8 | H 8 | H 8 | H 8 | H 8 | H 8 |
| REG 4 | | | | | | | | | |

#WEBLEEDPURPLE

Team FM Bleeds Purple and wears purple on Fridays!



Facilities Management News

January 2020

Jan 1—Happy New Year—Welcome 2020

Jan 2—JMU Reopens

Jan 9 – Excess Leave Deadline

Jan 11—Residence Halls Open

Jan 17—Time & Attendance Record Due in HR

Jan 20—Martin Luther King Jr. Holiday-JMU Closed

How often have you gazed up into a night sky hoping to see ...
(Read the article on the next page.)

Need A Little Help With New Year's Resolutions?

No excuses! Everyone can make their New Year's Resolutions happen. UREC cannot help anyone win the Lottery, get a promotion, or pay off the credit cards. But UREC does offer great ways for Team FM's health resolutions to "work out" successfully.

Dozens of kinds of [Group Exercise Classes](#) are free of charge for staff. Advance registration is needed for these classes. Choose from Boxing Fitness to BOSU, or from Cycling to Cardio Dance Party, Yoga or dozens of other fun classes. Many of these free exercise classes are offered in the afternoons and evenings after the workday ends. Register early - these free classes fill quickly! Or for workouts that student registrations won't quickly fill up, try FAST Fitness. These are affordable workouts with local fitness professionals that are designed just for employees.

For no more than JMU students pay, staff can get a [Personal Training Total Package](#)! A great way to get started is with a package that includes a health screening, consultation, fitness assessment and two, one-on-one training sessions with a JMU student athletic trainer.

For anyone wanting to tackle improving health from a nutritional standpoint, UREC offers [Nutrition Analysis](#). Improve eating habits by learning what's good or bad in a current diet. Then take free [Demonstration Cooking Classes](#) and overcome mealtime blahs. Go from eating like a Holiday junk food junkie to cooking like a JMU chef.

If Team FM has questions about how to get started with any of the great health programs UREC offers that support healthy New Year's Resolutions, contact Holly Bailey. Her email is baileyha@jmu.edu.

What the JMU community thinks of the work you do~



Don't miss Such a beautiful place!



Colleen Beautiful campus



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FM had fewer than usual working days in December. Remember to stay current on your safety training at [InClassNow](#). Once in the training site, select training due in December if you didn't have a chance to take December training. And, why not take the January training while you're online!

Team FM knows to continue using the [FM News-letters webpage](#) to find birthdays. For newer staff who aren't found in this web resource, make friends, share birthdates, then celebrate with your shop, team, or office suite.

JMU MOAT trip photo



Listen... Learn... Lead!

:Know How You Lead Customer Service

Jan 9, 2020, 2:30-4:30 pm

Do you doubt your customer service skills. When an FM trades pro is on the job, there's more to getting the job done than fixing a leak or painting a wall. The fact is, even if you don't see yourself as a leader in customer service, someone around you does. Check your mirror—know how you're customer Service rates.

JMU JobLink

Jan 23, 2020, 1³⁰-2:30 pm

Learn about technology and how JobLink can help you support your FM career. Get the info for how to have your application online at JobLink, ready to go when your dream job opens. If you supervise, JobLink streamlines recruiting and reporting processes.

More info here: [Talent Development](#).

The deadline is approaching. Don't forget—to avoid loosing hours that exceed the carry over limit—the excess must be used by January 9.

**If you don't use it... you lose it!
Time Records Due in HR by Jan 17!**



...hoping to see stars? Stargazing up into a dark sky is an experience that too few get to enjoy! Team FM is working to change that.

Did you know 2.5 million light-years' sky distance should be visible on a clear night? Really! With only the naked eye and without binoculars or telescopes! According to Sky and Telescope's *Guide to Exploring the Universe*, stargazers should be able to see at least 2500 stars and planets, the Andromeda, and the Milky Way and much more. Team FM outdoors enthusiasts get to enjoy the beauty of dark wintery -night, star-filled skies and know the peace and the sense of timelessness found in the simple pleasure of stargazing. But for those who live in the city, there is no dark sky. Because of sky glow and light trespass, if urbanites get to see a few hundred stars, that's as good as it gets. Together, Abe Kaufman, FM's Energy Conservation and Sustainability Manager- photo at right, along with FM Engineering and Electric Shop are doing something about that on JMU's campus!



For time before history, the Valley's night skies were star-strewn. *Sky glow*, when the whole sky over a population center is lit up from *light trespass* (light directed where it's not needed or useful) has changed Valley night skies. Prioritizing security, many lights were too bright and their glare caused as much harm as good. To see beautiful starry skies, stargazers have to get out of town. (JMU Madison Orientation Adventure Trips (MOAT) take students camping where starry skies are seen. (See the photo at left.)

Inexpertly lit up night darkness wastes energy and disrupts natural sleep rhythms and causes health issues for people and wildlife. Nocturnal insects, like fireflies and moths, cannot reproduce as successfully. Birds that depend on bugs struggle for food, become light disoriented and get their migration routes confused, and die from lit-building strikes. All this because of badly designed lighting. Predators needing the cloak of darkness to get dinner, or foragers accustomed to darkness lose night vision after exposure to light glare. These are just a few of the many negatives of bad lighting. Science has proven that natural light and natural darkness create beneficial rhythms for all living things, and that dark skies deserve protection.

Team FM is working to make campus lighting meet the [Illuminating Engineering Society](#) (IES) standards. Some of these changes are obvious. Some might never be noticed. Did you know that human sleep rhythm disruption and wildlife behavioral disturbance are lessened even more by the light color temperature in JMU's new lighting that *meets or beats standards of the IES*.

Hundreds of old inefficient lights on campus are now replaced, with more to be replaced as funding permits. JMU's new dark sky lighting minimizes or eliminates light pollution *and* meets human safety and comfort goals. Bob Knott, Supervisor for the Electric Shop says, "Not only did we reduce up lighting, but we reduced energy use as well." For those of Team FM who aren't on campus after hours, check out new lights in the photo at right that keep the grounds well lit, cause less light pollution sky glow, are without upward light trespass, and that minimize glare.

