

REGION 8 STRESSES SUSTAINABILITY

Leslie L. Plomondon



Leslie Plomondon
GSA Region 8 Administrator

The Rocky Mountain Region (RMR) is putting into action simple ways to encourage green practices at home and at work. There are a number of green projects that are raising awareness about the impact humans have on the planet. Federal partners are encouraged to take initiative and follow our Region's lead.

An exciting step taken by the Region is creating and implementing the Denver Federal Center (DFC) Sustainability and Environmental Management System (SEMS). The SEMS has been so successful it is in the process of being executed region-wide. Also, there are six Leadership in Energy and Environmental Design (LEED) certified buildings, and recently 16 employees completed an in-house training course aimed to prepare them to take the LEED exam and become LEED Accredited Professionals. Both the SEMS and LEED are tools the RMR is using to improve the economic and environmental performance of our buildings. Improving the maintenance and operations of existing buildings is also a priority. For example, a LEED rating for Existing Buildings for the Alfred

A. Arraj Courthouse in Denver is expected this year.

The Building 41 Green Team has been established and more than 35 employees have voluntarily joined. The team is charged with researching and applying ways to make Building 41 more sustainable. The sub-green teams include: Site Landscaping and Water, Energy Efficiency, Green Practices and Recycling.

The DFC solar park project was installed on six acres of land at the DFC and began to produce electricity on December 29, 2007. Peak output from the solar park occurs midday on sunny days. The power output during this time is approximately equal to 10% of the peak electrical demand at the DFC. The cost to build this project was nearly \$7 million, with a simple payback of 14 years.

The DFC campus has a vision to become "the most sustainable campus by 2020." In an effort to accomplish this goal, a charrette was held at the end of April to obtain input from DFC customers and local stakeholders. It helped shape a sustainability plan for the DFC.

The RMR is collaborating with customers to help them go green by sharing sustainable strategies and practices. The region has partnered with the U.S. Forest Service in Ogden, Utah and the Bureau of Land Management in Lakewood, Colorado, to help them establish green teams that facilitate positive change.

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On April 17, the RMR hosted an Earth Day Expo. Over 200 DFC customers attended the event which featured:

- Exhibits from over 40 eco-conscious federal agencies, organizations and businesses highlighting their green products, services and programs
- GSA's offering of green products and services to help federal agencies go green and achieve environmental goals
- A free raffle for earth-friendly products
- A Xeriscape seminar presented by Denver Water
- Tours of the DFC one-Megawatt Solar Park
- GSA Fleet hybrid vehicles
- A hydrogen-powered Hummer

A popular program that continues to grow at the DFC is the single stream recycling program. The program was established to encourage employees to bring their recyclables from home and increase office collection. Currently, 21 tons of recyclables are collected per month. Last year, we launched our first electronics recycling event at the DFC diverting 7.25 tons of waste from landfill. Another such successful event was held on June 3, 2008, that resulted in the collection of more than 11 tons of electronic waste.

RMR is committed to going green, spreading the word for a bigger impact and taking the necessary steps to lead that change.

GATEWAY TO GOVERNMENT CONTRACTING - MERGING GOVERNMENT AND SMALL BUSINESSES

Pennie Estrada

Kay Thompson, a Contracting Officer for Public Buildings Service (PBS) in the Mountain/Plains Service Center, participated in the annual Small Business Conference in April in Colorado Springs.

The event was hosted by the Chamber of Commerce, U.S. Air Force Academy, Peterson Air Force Base, Shriever Air Force Base and Fort Carson Small Business Program Managers to bring government and small businesses together, as required by the Small Business Act.

Approximately 250 people attended the conference at the Antlers Hilton Hotel. Training was provided by several government agencies to provide small businesses with access to a broad variety of resources and the nuances of government acquisition. Training topics included "Ways to contract with the government," "Joint Venture/Teaming Agreements for 8(a) small business," and "Wage Determinations."

The keynote speaker, Tracey Pinson, Director of the Office of Small Business Programs, Office of the Secretary of the Army spoke about "bundling contracts" and shared the Army's achievements in the Small Business Program.

THE WEEK OF CHILD: READ ON!

Doug L. Flanders

In celebration of "The Week of Child," Leslie Plomondon, Regional Administrator for the Rocky Mountain Region, read to



the four to five-year-old pre-school class at the Clever Kids Learning Center at the DFC on Tuesday, April 15, 2008.

"Ms. Leslie" read two Dr. Seuss favorites, "The Foot Book" and "Oh, Say Can You Say?" and "Not Norman: A Goldfish Story" by Kelly Bennett. Clever Kids Learning Center is National Association for the Education of Young Children (NAEYC) accredited with a capacity for 110 children and has been providing quality child care for the Region for over 15 years.

There are five child care centers located in the Rocky Mountain Region with the capacity to serve nearly 250 children. GSA has over 110 Child Care Centers operating in GSA managed space across 31 states, the District of Columbia and Puerto Rico.

Camp GSA 2008, a Great Success

Andrea Wright

On April 24, 2008, the Rocky Mountain Region hosted the annual “Bring Your Daughters & Sons to Work Day,” also known as Camp GSA 2008. Wanda Hobart and Mark Krone kicked off the event by welcoming more than 60 children to Building 41 on the Denver Federal Center (DFC) to take part in environmentally-themed events.

Highlights of the day included hands-on activities, educational lectures and walking tours. The children learned about Leadership in Energy and Environmental Design (LEED) and GSA’s green initiatives by participating in a tour of the DFC Solar Park. Here Doug Porter explained the significance and benefits of the Solar Park; Jessica Higgins gave a walking tour of the Xeriscape Garden and described the benefits of drought-tolerant landscaping; the Bureau of Reclamation provided a tour of their dam models; and John Kleinschmidt gave an environmental lecture called “Rock Talk.” A special part of the day was dedicated to a Youth Charrette, hosted by Lisa Wild, which focused on the development of an area of the DFC. The children also created a hot house and built sun catchers to use at the solar park. Special accommodations were made for some teens to meet one-on-one with specialists in Space Planning, Realty and Communications.

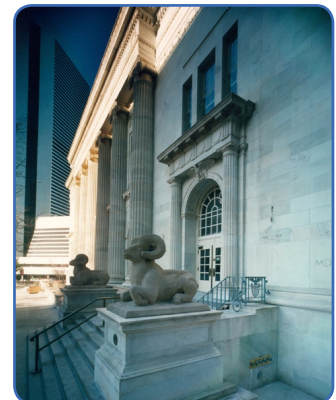
The Youth Charrette was a hands-on activity geared specifically towards children aged nine and older. It allowed participants the opportunity to think about the communities and neighborhoods they live in and then use their ideas about what they enjoy to help generate planning concepts for a currently unoccupied area of the DFC. The area of focus for this activity was the southeast corner of the site, where a neighborhood center, recreational uses and open space are being considered as part of the recently completed Denver Federal Center Master Site Plan. The concepts that the children created are being shared and reviewed by the DFC Service Center and the City of Lakewood.

GSA’s Byron White U.S. Courthouse Opens Its Doors

Sally Mayberry

In April 2008, GSA’s Denver Field Office participated in Doors Open Denver (DOD), an event that annually offers residents and visitors the opportunity to learn about Denver’s diverse architecture and design. The tours allowed an inside look at Denver’s distinctive buildings and unique places, both historic and modern. Participants experienced DOD through self-guided tours, an urban adventure or an expert tour. Attendees had access to more than 80 of Denver’s prominent architectural gems and lesser-known treasures.

GSA worked with the building tenants to ensure that the Byron White U.S. Courthouse was a part of these tours. This downtown landmark of dramatic distinction is owned and operated by GSA, and is the region’s most magnificent example of neo-classical grandeur. More than 300 visitors toured the building with the help of GSA employee-volunteers and court personnel.



Be sure to take advantage of these tours next year. GSA wants to continue making DOD a success!



Are you a **Green Belt** or a **Black Belt**?

Carolyn S. Helstrom

People who have been in business for some time will recognize Lean Six Sigma as one of the most widely used quality improvement methods in manufacturing and business processes. Some identify Lean Six Sigma as a total performance solution that addresses process speed and consistency. This is particularly appropriate for organizations like GSA Federal Acquisition Service (FAS), which want to address process challenges and customer value perceptions.

The type of training and education offered through Lean Six Sigma can only enhance employee job skills. Extensive training is required and will reward employees with a “Black Belt” when completed.

The GSA FAS Steering Committee performs as champions or mentors, and certifies or “awards” the employee a Green Belt or Black Belt. Director Patrick Mulcare is one of six representatives who mentors and reviews the processes. The employee is required to complete extensive training and a project for the requisite level of certification.

There are 34 national FAS employees who are training for certification of a Green Belt. Three of the 34 employees in training are in Region 8 FAS, Tim Kramer, Penny Grout and Bruce Black. Green Belt employees take up Lean Six Sigma implementation along with their other job responsibilities and operate under the guidance of the Black Belts. Once these employees complete their certification projects, they will receive their Green Belts. After certification, they will be able to continue to use their skills to improve processes in their day-to-day jobs.

Go Region 8 **Green Belts!**



GSA Expo 2008 Success!

Christopher H. Cole

The GSA Expo 2008 was a success! This year's Expo was in Anaheim, California. It came to a close on April 24, 2008 with a total of 6,141 customers from 340 different agencies, 14 states and three foreign countries. There were 3,252 exhibitors attending from 730 companies. Total attendance was nearly 10,000!

Training is a large focus for the Expo, and this year included One-GSA classes dealing with the Federal Acquisition Service contracts for supplies, services and regulations, as well as classes for building solutions from the Public Buildings Service (PBS). Both services worked together to provide the complete solution for GSA's customer agencies.

Efforts were also made this year to have the Expo become more environmentally friendly. There was a large reduction in the amount of hand outs supplied to the attendees, thereby reducing paper usage and the carbon dioxide emitted to ship everything to California; 16 environmental-training classes were available; and recycling receptacles placed throughout the facility. In honor of Earth Day, saplings were handed out for attendees to plant trees across the country.

These great efforts will continue. Next year's GSA Expo 2009 will be held in San Antonio, Texas from June 9 through 11, 2009.



CHALLENGE: Shop like a San Franciscan

Bridget H. Berninger

Paper or plastic is fast becoming a phrase of the past at supermarket check-outs as the movement for less consumer waste and more sustainability continues to grow.

It's been a year since San Francisco made waves when it became the first U.S. city to ban plastic shopping bags in supermarkets. City officials added a tax to the bags but then decided to outlaw them all together one year later. The plastic bags were replaced with biodegradable or recyclable bags, which cost a few cents more to make, but ultimately decrease the amount of plastic that ends up in landfills or in the ocean.

In 2002, Ireland passed a tax on plastic bags that ended up with a 94% decrease in their use. A cultural phenomenon blossomed. Within a year, much of the population invested in cloth or reusable grocery bags and it almost became socially unacceptable to use or buy plastic bags when shopping.

Whole Foods dropped their option for plastic bags at all stores nationwide on Earth Day this year. Within the next few months, they will deplete their supplies and then only offer 100% recycled paper bags for shopper's use and the option of receiving five cents back for every bag you bring in for reuse – plastic, paper or cloth.

Luckily, it's easy to do your part. Use cloth or reused paper or plastic bags when you shop. Reuse will prevent more plastic from going into landfills and depending on where you shop, could even save you some green.

PLASTIC BAG FACTS

- It can take as many as 1,000 years for a disposable plastic bag to break down in a landfill.
- Worldwide, somewhere between 500 billion and one trillion plastic bags are used each year.
- In New York City alone, one less grocery bag per person per year would reduce waste by 109 tons and save \$11,000 in disposal costs.
- When one ton of paper bags is reused or recycled, 3 cubic meters of landfill space is saved and 13 - 17 trees are spared!



Dennis Killinger, Regional Emergency Coordinator, Continues Making Music at GSA

Dennis W. Killinger



I began my career at GSA in 1983 as an inventory technician at the GSA Federal Supply Service warehouse in Building 810. I have worked in many different GSA program areas including the Legacy Federal Supply Service and Federal Technology Service (now Federal Acquisition Service), as well as the Federal Protective Service.

Before coming to GSA, I served in the United States Air Force from 1970 to 1981, with tours of duty in Vietnam, Thailand, Italy and several locations across the United States including Alaska. I was a Logistics Specialist as well as Radar and Aircraft Controller Technician.

I have held the title of GSA Region 8 Regional Emergency Coordinator since 2002. A few of the programs I coordinate are The Continuity of Operations Plan (COOP), Federal Emergency Management Agency (FEMA) support, The Pandemic Flu Plan, The Occupant Emergency Plan (OEP) for Building 41, Shelter in Place Planning and the HSPD-12-ID Card Credential issuance. I deployed to New Orleans for the Hurricane Katrina disaster and worked at the FEMA field office at the Convention Center for approximately three weeks. I have also supported GSA and FEMA in many emergencies throughout the Rocky Mountain Region including the Colorado blizzards of 2006 and 2007, tornados in Colorado and Wyoming and flooding in Utah, North Dakota and South Dakota. I lead GSA's support to FEMA in these events.

I have a Bachelor of Arts Degree in Business Management and enjoy spending time with my two children, Jennifer and David, as well as my two grandchildren, Rey Lynn and Eli. My hobbies include playing sports, especially basketball and softball. I am a true appreciator of music, as well as a contributor. I include music in all facets of my life and enjoy playing the guitar.



New Director of the Central Fleet Program - Cynthia Hanson

Anna Friend



As the Acting Director for the past six months, Cynthia Hanson has now been named the Director of the Central Fleet Program. Cyndi Hanson has 33 years of service with the GSA Fleet Management Division. She began her career with GSA in 1970

as a Clerk Stenographer in the Fleet Management Division. In 1974 she left government service to start a family. Cyndi returned to GSA Fleet in 1979 and has been here ever since, working her way steadily up in the organization through various training programs and job details.

In 1993, Cyndi started a five year run as the Deputy Regional Fleet Manager and then served as Regional Fleet Manager in the Rocky Mountain Region from 1998 to 2004. When Regions 7 and 8 merged in 2004, she became the Deputy Director for the combined Region 7 and 8 GSA Fleet program, which is now called the Central Fleet Program.

Cyndi has two grown children and two rambunctious grandsons, ages 6 and 4 who are the lights of her life. She enjoys being a grandmother and praises her wonderful family. Her hobbies include "crafting", watching movies, traveling, reading and going gambling with her friends – you know, those one-armed bandits? Cyndi savors her many accomplishments over the years and is truly looking forward to being at the helm of the Central Fleet Program with all of the challenges and fun that go along with it!

(Spotlight continued)

Delivering Fire and Life Safety Tips to you - Meet Al Antonio

Sally Mayberry



Al Antonio is a Colorado native who married shortly after high school and became a Lakewood fire fighter in 1973. He spent the next 28 years as a Fire Command Officer/Paramedic before retiring. He thought retirement would be accommodating and busy, but then he found himself applying for a job with GSA in 2004.

Al was successful in getting hired into the fire protection program area of GSA's Rocky Mountain Region, where he is able to use many of his learned skills from his former job. Working at GSA has opened up new and exciting opportunities for Al. "The most rewarding part of my job is the opportunity I have to help provide insight into the world of fire and life safety. My passion is providing research and resolution into issues related to my field of expertise," he said.

Al developed a fire and life safety class that addresses issues related to everyday work activities and how the life safety code applies to those issues. Over the past five years, more than 14,000 government employees have received this training. In addition to his fire and life safety work, Al has been able to expand his passion by branching into building operations and mechanical systems preventive maintenance.

Al and his wife Debbie have two children and three grandchildren that keep them occupied in their free time.

Generational Diversity - Is the Glass Half Full or Half Empty?

Sally Mayberry

For the first time in GSA history and across the federal government, our workforce encompasses four generations. They include the Silent generation (1922-1945); Baby Boomers (1946-1964); Generation X (1965-1980); and Millennials (1981-2000). Most successful organizations say they are committed to succession planning by hiring the best and the brightest. GSA is one of those organizations. It has successfully bridged the generational divide by creating a culture that is respectful and allows employees to feel valued.

The Rocky Mountain Region GSA is fortunate to have a number of experts that have worked in the world of realty for many years as well as eager newcomers anxious to get their careers jump-started. Realty Specialist Ron Simpson has been with GSA for the past eight years and has worked in the commercial real estate industry for 48 years. He was recently highlighted in [Buildings.com](#) for applying his vast knowledge towards negotiating green leases for GSA. Simpson worked with a team to negotiate a ten-year lease for a design/construct for the nine-story, 290,000 square foot EPA Regional Headquarters in downtown Denver.

On the other side of the spectrum, Lionel Montoya, recent graduate of CSU's Pueblo facilities management program, has been with GSA for close to a year and manages the Alfred Arraj U.S. Courthouse, Denver's newest federal courthouse. Montoya manages people twice his age, and in an article in the [Pueblo Chieftain](#), he says, "It's actually a pleasure to supervise and work with people who are a lot more experienced because they give me knowledge I only could get through them."

GSA makes a concerted effort to accommodate employee differences, create workplace choices, provide a management style that sets goals and ways to measure them and respect competence and initiative. Various generations working together at GSA make for an atmosphere of open learning and communication that helps to build a stronger workforce.



UPCOMING EVENT - PACK YOUR BOOTS!

Carolyn S. Helstrom

Pack your boots and cowboy hat and attend the 2008 GSA Network Services Conference. It will be held at the Sheraton Dallas (formerly Adam's Mark), in Dallas, Texas from August 11 through August 14, 2008. This is the most popular Federal Community Technology Event held each year!

The theme this year is "Accelerate – Building a Global Infrastructure," and the conference will focus on transition and services available under Network Universal and Network Enterprise. Valuable educational opportunities will be available to state and local governments, too. Keynote speakers are Vince Poscente, Dr. Michio Kaku and Gary Hoover. Network with your government peers and industry partners, and check out the latest technology solutions.

Evening receptions will be held August 11 through August 13, and include an "Eddie Deen Texas Experience" – a true Texas barbecue dinner along with a band and line dancing on August 12, 2008.

So kick up your heels and don't dally – reserve your spot today!

Both federal agencies and industry partners are welcome to attend. Visit www.networkservices.gsa.gov for more information or to register, or contact Maryanne Sellman at maryanne.sellman@gsa.gov or 703-306-6376.



EARTH DAY EXPO - SUCCESS IN A RECYCLABLE BOTTLE

Brenda Armijo

"Make Every Day Earth Day" was the theme of this year's Denver Federal Center (DFC) Earth Day Expo. The event provided a networking opportunity for the 40 eco-conscious exhibitors and 200 DFC tenants in attendance. Exhibitors displayed their green products and services, including:

- Pervious concrete
- Eco-friendly tissue products
- A thermal equalizer
- GSA's recycling program and Peak Market

Other event highlights included a Xeriscape seminar presented by Denver Water, a tour of the DFC Solar Park, free raffles for earth-friendly products, a "Zero Waste" BBQ lunch (plates, cups, napkins and silverware were compostable and diverted from landfill), a demonstration of a hydrogen-powered Hummer and GSA Fleet hybrid vehicles. For more information contact Brenda Armijo at brenda.armijo@gsa.gov or 303-236-8000, ext. 5055.

