

Experiencing Back Pain? These 7 Steps May Help...

By: Steve Bessert

Prolonged sitting is a major cause of neck and back pain. The result of sitting on chairs at home, school, and work is our spine develops a habit of slumping. Dr. Brugger, a European neurologist specializing in treating recurrent and chronic pain syndromes, developed a simple effective "micro-break" for improving posture, and decreasing pain in the upper back, neck and head.

Perform this "micro-break" for about 10 seconds (about 2 breaths) every 20 to 30 minutes while you are working in the sitting position. Over time you will notice that the position is easier to assume and becomes almost automatic. You and others around you will observe that your posture has improved.

1. Perch at the edge of your chair.
2. Separate your legs.
3. Turn your feet out slightly.
4. Push your breastbone forward and up, gently arching your lower back.
5. Look at the horizon. Tuck your chin slightly so your head moves backwards over your shoulders.
6. Put your hands down at your side, palm forward, until your shoulders gently roll backward and your thumbs point out.
7. Take a breath into your abdomen, blow it out, then relax. Breathe in and out again.

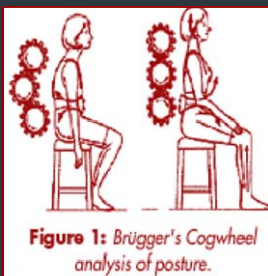


Figure 1: Brügger's Cogwheel analysis of posture.



Figure 5: Brügger's relief position.



February Program, Tour of St. Norbert College's Mulva Library— Tuesday, February 16, 2010

The Miriam B. and James J. Mulva Library serves as the centerpiece and a primary entry point for the St. Norbert College campus. More than a mere depository for materials, it provides a convenient portal to the resources of the Information Age.

Surprisingly, St. Norbert College has never had a dedicated library building in its more than 100 years of existence. From a small room in Main Hall to various locations in Boyle Hall, library space was simply found within existing buildings. The former Todd Wehr Library, which served the College from 1977 through June of 2009, was a remodeled dormitory. It was fashioned during a time when the internet did not yet exist.

The primary reason for a new campus library was the College's need to remain competitive in today's education marketplace. The new library features a variety of gathering places for library patrons and 50 percent more materials storage, creating a modern sanctuary for knowledge. Most important, it offers a full range of technological capabilities needed by students in the 21st century, from wireless internet access for laptop users to multi-media-equipped meeting rooms.

The library marks the campus' western gateway, providing a major presence on the west side of Third Street and initiating

the transition to the College's emerging western edge. It offers an attractive gathering point outside of the traditional campus core, advancing the College's master-plan goal of establishing a transitional Town and Gown zone with the De Pere community.

Tour Details

We will gather at the Bemis International Center, Room 114.

St. Norbert's President, Thomas Kunkel will open the meeting discussing their sustainability movement, then introduce representatives from Miron Construction and Performa Inc., we will then walk to the Mulva Library for guided tours.

Location: 299 Third Street, DePere

Registration: begins at 11:30

Lunch: 12:00

Tour: 1:00



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January Program Recap: Patricia Vanko from Johnson Diversey

Our January program offered CFM maintenance credits and featured a presentation by Patricia Vanko, Product Manager at Johnson Diversey. Patricia spoke on a number of emerging diseases including H1N1. She discussed recommended actions before, during and after a pandemic including planning, monitoring, reducing the spread of disease and communicating. Some Highlights included:

Tips from the CDC for individuals:

- Cover your cough or sneeze into your arm (inside elbow) or into a tissue-discard immediately in trash. *Do not cover mouth with your hands.*
- Wash your hands frequently with soap and water and use instant hand sanitizer.
- See your doctor if you have fever, cough, sore throat, body aches, headache, chills and fatigue, diarrhea or vomiting

JohnsonDiversey Best Practices for Cleaning and Disinfecting

- Viruses can survive on hard surfaces for two hours or longer
- Especially clean & disinfect high touch surfaces such as door knobs, light switches, desk tops, restroom fixtures, telephones, door push plates, elevator buttons etc. regularly.
- Clean and disinfect surfaces frequently with an EPA registered disinfectant cleaner with the Influenza A and/or Avian Influenza claims.

If you would like to review a copy of Patricia's PowerPoint [Click Here.](#)

January Survey Prize Winner:

Jeff Lau

Thanks to all for the feedback, remember to submit your survey for a chance to win next month.

Stay in Touch!
Any changes in your contact information?

If you need to make a change, please contact

Elizabeth Darinski at

membership@ifmanewisconsin.org



Save this date,
6/22/10 for
the IFMA
golf outing

at Royal St. Patrick
More to come...

SPONSORSHIP DRIVE

We are getting ready to kick off our 2010-2011 Sponsorship Drive. We will be sending out letters detailing the many benefits of the program and will be following up with our "Call-A-Thon", where our past President, current President and President elect will be placing calls to our perspective sponsors. You don't have to wait for the letter or call!

To find out more, contact Jean Roskams today at jean.roskams@target.com

Program Schedule (Dates subject to change)

- 2/16: St. Norbert College, De Pere
- 3/16: Energy Efficient Lighting, Case Study at Schneider National, Green Bay
- 4/20: Tour of the Warch Campus Center, Lawrence University, Appleton
- 5/12: Tri-Chapter Hosted by the Madison Chapter
- 6/22: Golf Outing
- July/August: Networking Event



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Brief History/Work Experience:

Prior to working at A.R.M.S., I held a Real Estate Broker's license and sold new construction for a modular home builder in Neenah, then worked in sales for an Appleton company that was the first to offer alternative long distance service in Northeast Wisconsin. Later in '83 I called on a new company started by a gentleman that had worked in real estate with me, and was offered a job. I started at A.R.M.S. on January 2nd, 1984, and have been there ever since.

Family/Home Life:

My wife Becky and I will celebrate 30 years of marriage in May of this year. My son Rich, 27, was married last April in Punta Cana. He is a Microbiologist for the State of Wisconsin, living in Madison. His wife Samantha is a pediatric intensive care nurse at Children's Hospital there.

I also have a daughter Emily, 25, Who is the Member Services Director for the National Scholastic Press Association in Minneapolis, which is a non-profit organization affiliated with the University that works with high school and college journalism students.

Hobbies/Interests:

Up until three years ago, I raced sports cars for eleven years, mostly Porsches. I still stay involved as a corner worker for our club's events. I also enjoy gardening and cooking, especially using my grills and smokers.



Rick Griesser

Most Interesting Facility Related Problem or Solution:

I'm not a facilities person, but have helped out many member companies with records management solutions.

The Thing You Appreciate Most About IFMA:

The people. Getting the chance to meet and build relationships over time.

Your Idea of a Dream Vacation:

I've always wanted to travel to Europe to visit the old cities and see the castles and cathedrals. I love old architecture. And to combine that with the 24 Hours of LeMans sports car race in France would make it a dream vacation.

Know of an event or have information that our membership would appreciate?

Please send details to info@ifmanewisconsin.com to have your information posted on our website, or included in our newsletter.

Upcoming Events
(Click for more info)

[February IFMA Meeting](#) -
St. Norbert College, Mulva Library
Date: February 16th, 2010
Location: 299 Third Street DePere, WI 54115
Registration: begins at 11:30 **Lunch:** 12:00
Tour: 1:00



Admission: \$15.00 Members, \$25.00 Non-Members

To Register: Go to www.ifmanewisconsin.org, click on [February Program](#) in Events. Please RSVP by 2/9. Don't forget you can pay by Credit Card online.

[Wisconsin Green Building Alliance-February meeting](#)

Date: Thursday, February 25, 11:30-1:00PM
Location: **Berners-Schober Associates** in Green Bay will host the February meeting and be our speaker. Details to come soon.

[LEED World Café](#)

Date/Time: March 4th, 2010, 9:00 - 1:00
Location: DJ Bordini Center, 5 Systems Drive, Appleton, WI 54912-2277

[Facility Fusion](#)

Date/Time: April 13-15th, 2010

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