

ShopTalk



July 27, 2007, Vol. 33 No. 24

Editor, Mario I. Oña, x4-6803

Energy Conservation At The Plants

For many years, the College Park and Springfield plants have been doing their part in energy conservation.

“The most ‘green’ initiative we partake in is running recycled newsprint,” said Vice President **Jim Coley**, Production. “We use approximately 40 percent recycled newsprint each year, which equates to about 70,000 tons.” He

also said that the limiting factor is what the recycling paper mills are able to produce, not “what we’re willing to run.”

Energy conservation and efficiency is not only an environmentally sound approach to business, it’s a smart one. It’s a win-win for the environment and the company that is able to reduce cost.



Several forms of paper have been packed as tightly as possible into a bale, which is later picked up for recycling.

“Along with the newsprint, we also recycle our waste ink and aluminum printing plates,” said **Roddy MacPherson**, assistant plant manager at Springfield. “We also reclaim the silver in the negatives for

the plates. Each year, we reclaim about 50,000 pounds of ink and nearly two million printing plates between the two plants.”

College Park Plant Manager **Sherry Gryder** acknowledges that while the “plants have been going after energy conservation for a long time,” the concept of “going green” entails much more. She provided “truly going green” examples such as using solar or wind power versus electric, use of biomass, biodiesel or ethanol instead of gasoline.

She then provided a copy of the



The Post is printed on approximately 40 percent of recycled newsprint.



The empty newspaper rolls are also recycled and later used to add more paper.

PHOTO - JANELLE MUHAMMAD

PHOTO - JANELLE MUHAMMAD

PHOTO - MARK FINKENSTADT

CONTINUED ON PAGE 3

Tahirih Justice Center Wins The Washington Post 2007 Award For Excellence In Nonprofit Management

PHOTO - LAUREN HOFFMAN



The winning team of the Tahirih Justice Center with its executive director, Layli Miller-Muro (center holding certificate), accepting The Washington Post 2007 Award for Excellence in Nonprofit Management. The center, founded in 1997, serves to "address the acute need for legal services of immigrant and refugee women who have fled to the U.S. to seek protection from human rights abuses," as stated on their Web site (www.tahirih.org).



PHOTO - LAUREN HOFFMAN

Representatives of the five finalist organizations with their awards. Boat People SOS was recognized for its "circular management style, community outreach and ability to manage multiple sites." Home Care Partners was recognized for "low turnover rate, restructured management system and accountability." Tahirih Justice Center won, in part, due to "extensive use of pro bono attorneys, use of market research, one-page strategic plan and diversity." Association of American Geographers was recognized for "methodical approach to organizational turnaround and growth, strategy for growth of membership and thoughtful approach to building partnerships." Finally, the Washington Tennis and Education Foundation received the distinction for "employing accountability procedures, engaged and productive board committees and keeping a small staff of people with a specialized focus."

PHOTO - LAUREN HOFFMAN



Public Relations Director **Eric Grant** (far left) presents Washington Tennis and Education Foundation Executive Director **Eleni Rossides** (third from left) and her team with a framed certificate.

National Association of Minority Media Executives Reception



(Left to right) Newly elected chair of the National Association of Minority Media Executives (NAMME) Reception, Neil Foote, is greeted by Vice President, **Lionel Neptune**, Affiliates and Community Development, and **Athelia Knight**, director of the Young Journalists Development Program. NAMME, formed in 1990, seeks to "increase diversity in the senior ranks of the media industry," as well as "serve as the leading resource for multicultural executive talent for the industry," according to their Web site (www.namme.org).



(Left to right) Associate Editor **Kevin Merida**, Planning and Administration Assistant Managing Editor **Shirley Carswell** and Yetu Robinson from Northwest University's Media Management Center listen in on Publisher **Bo Jones's** opening remarks.



Publisher **Bo Jones** gives the welcome and turns it over to new NAMME chair, Neil Foote.

energy management program that she developed for the College Park plant in December 2000.

"It started with an outline that led to a policy," said Gryder. "We then created an energy committee, conducted training, developed a reporting mechanism and implemented programs. Our focus was to reduce consumption."

College Park started reducing lighting more for "the message it conveyed, than the pennies it saved." Hot water settings were reduced. Fans were placed in timed cycles.

In 2001—the first year of the program—electricity costs went down by \$180,000. By diverting cooling water into a reservoir instead of the sewage, sewage charges were reduced by \$28,000 per year. Most recently, ultrasound equipment used to detect air leaks was purchased. "Air compressors are large electricity users," said Gryder. "Reduce leaks, reduce energy."

Springfield has taken a similarly aggressive approach to conserving energy. It made substantial strides when facilities manager **Eric Brinkmann** came on in 2003 and took a hard look at making the older plant more efficient (for full story read inset).

As the efforts in the Northwest Building and the plants have demonstrated, every little bit helps and you can make a difference. ■

Energy Conservation At Springfield: Not Just Hot Air

By Martin Quinn and Jenny Rymarczuk
Special to ShopTalk

When **Eric Brinkmann** took on the facilities manager role in Springfield in 2003, he was faced with bringing 27-year-old building systems up to peak efficiency. He initiated an energy savings program that saved The Post an estimated \$200,000 over the past year. By analyzing energy consumption data, Brinkmann determined that the heat, ventilation and air conditioning (HVAC) systems in the plant were the biggest source of wasted energy. With his team of engineers and with the support of plant machinists and electricians, he set out to examine and improve each HVAC system and component.

First, he went to work on the air compressors. With the help of Springfield maintenance manager **Mary Farley** and the Maintenance department, Brinkmann used ultra-sound equipment to find and repair leaks in the system. The building engineers began replacing leaky valves and regulators and removing abandoned and still pressurized sections of pipes.

Brinkmann then tackled temperature control in the plant. Trying to keep the plant at proper temperature is a daunting task. Over the years, malfunctioning equipment has resulted in some areas of the plant being way too cold, while others too warm. To correct this, he and his team repaired dampers, modified thermostats, installed fast-acting doors and ran the highest efficiency chillers. Through these efforts, Brinkmann improved the plants temperature control significantly, while reducing chiller-related energy consumption by 20 percent.

Boiler repair and system improvement became a major focus of the building engineers. They repaired pipe installation and discovered new ways to recover lost steam, thereby reducing the demand on the boilers. Due to these efforts, the Springfield natural gas usage has gone down by 33 percent over the past year.

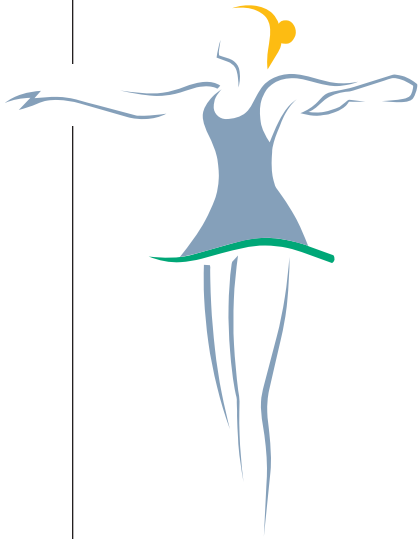
The results have made a big impact. Through the hard work of Brinkmann, the Springfield building engineers, machinists and electricians, the plant is operating much more efficiently and conserving a significant amount of energy.



Facilities manager **Eric Brinkmann** looking for more ways to make the Springfield plant building more efficient.

Free Summer Jazzercise Class

New students can attend one free Jazzercise class during the summer. Classes are held in the Northwest Fitness Center and are also open to non-members. You can pick up your coupon for your free class at the Health or Fitness Center.



Schedule and Pricing:

Tuesdays and Thursdays
at 6:30 p.m.

Monday Morning Express
at 7:00 a.m.

Unlimited classes: \$75
6-8 classes: \$56
4-5 classes: \$35
Walk-ins: \$10

We advise bringing a small mat, small weights and drinking water.

Contact Beth Sanzone or Lynne Maloney at elizabeth.sanzone@hotmail.com or maloneylm@washpost.com for more information.

Post Softball

John Mandish, College Park's assistant plant manager, is taking the lead on the annual softball tournament, following **Mike Bahr's** retirement. Anyone interested in participating should contact their departmental representatives. The eight-team tournament is set and will take place at 9 a.m. on August 19 at Wakefield Park, Va.

Marty Kady (Advertising)
x4-7500

Charles Bagwell (Circ. mgmt)
x4-5149 or 202-306-7715

Harry Westwood
(Circ. distrib.) 703-863-0519
or homerunhar@cox.net

Joel Barefoot (Pressroom)
x6-2471

Jan Pastor (Mailers)
x6-2400

Danielle Newman (News)
x4-4131

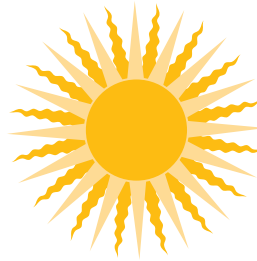
Jim Brady (WPNI)
703-469-2627 or
jim.brady@wpni.com

Thomas Burke (IT)
x4-5569

Contact John Mandish at
x6-1101 with any other
questions or comments.

New EAP Tip

The sun is shining, the weather is beautiful and it is HOT, but have you taken adequate precautions to avoid overexposure to the sun and heat-related illness? As part of APS Healthcare's continuing effort to promote the Employee Assistance Program (EAP), a promotional tip sheet titled "Sun & Heat Safety" is now available



on Intranet. Remember: Your EAP is committed to being "Healthy Together" and is available 24 hours a day, seven days a week at 1-800-765-0770 or online at www.apsheplink.com (company code: Post).



Recognize Your Employees or Colleagues in ShopTalk

ShopTalk can be a tool for any Post manager or supervisor to highlight the achievements of an employee or a colleague. Please submit the name of anyone who has been promoted or achieved something important in their job or community. Send an email to shoptalk@washpost.com or onam@washpost.com. Include: person's name, department, job title and what they accomplished.



Events Calendar

October 27
Marine Corps Marathon Healthy Kids Fun Run

October 28
Marine Corps Marathon: The People's Marathon

Marketplace

FOR RENT: Satisfy your desire to visit Brazil. Our two-bedroom, one-bathroom apartment can be yours to enjoy any time of the year. Visit us at www.orlablue.com. Learn about specials for Post co-workers. Contact Art at 301-408-0616, x4-4143 or info@orlablue.com.

FOR SALE: A very nice, barely used microscope. The four-objective monocular scope with 4x, 10x, 40x and 100x magnification has a fluorescent light and two-dozen prepared slides. It retailed for about \$300. My daughter used it twice and then decided she wanted to be an opera singer. It's yours for \$150. You can read more about it and see pictures at: <http://washingtondc.craigslist.org/mld/for/363870333.html>. Contact John at x4-5129 or at kellyji@washpost.com.

NEW MARKETPLACE DEADLINE: Noon Thursdays. Please include your name, extension and phone number. Ads are for Post employees only. Send ads to ShopTalk, seventh floor, or call x4-6803. To send ads via fax dial x4-4963 or to email send to shoptalk@washpost.com or onam@washpost.com. Ads run for two issues unless otherwise requested. ShopTalk reserves the right to publish and edit all ads.