

Feature

WFP Fitness Center: Hub for Unofficial WFP Running Group

When the WFP Fitness Center opened in 2011, many tenants expressed enthusiasm for having a place to fit in their exercise before, during and after the work day. The fitness center offers a number of amenities including secure access, cardio equipment, strength training equipment, showers, lockers, a studio area, and fitness and yoga classes. Today it is a very busy spot for a variety of tenants.

One group that has grown since the fitness center opened is unofficially called the WFP Running Group. The group's roots began about four years ago when Minnesota State Colleges & Universities (MnSCU) Systems Architect Jamison Stephan and Project Manager Russ Roering—both runners—heard about other MnSCU employees who enjoyed running. They set up a Google Group to coordinate after-work training runs with interested employees.

When the fitness center opened, so did more options for running workouts including over the lunch hour. Word-of-mouth about the MnSCU group spread among other runners using the WFP Fitness Center and today the WFP Running Group has as many as 35 people—all of whom represent about eight different WFP tenants—on its Google Group list.

“As runners meet each other at the fitness center, we naturally talk about races, training, and technique,” says Russ. “We continue to communicate via the Google Group so those interested in running with others can post a message about the time, distance and pace. There are about 15 regulars who show up for runs throughout a month.”

Participants come to the group with a variety of skill levels and goals. “There are people who are training for marathons, triathlons, 7Ks and 5Ks as well as those who run simply for exercise,” says Brian Murphy, a MnSCU

Business Intelligence Analyst. “It’s nice. I’m always learning from other runners.”

“We’re still an informal group,” says Lynn Lutz, MnSCU HR Data Analyst and runner. “The routes we run from the fitness center vary and we’ve added some casual, yet competitive races for the group.”

The most recent race, the “WFP Race the River 5K Run,” was held in November and was open to WFP tenants and downtown friends. It began by the Caribou Coffee shop behind the Science Museum at 11:45 am with the route going along the river to Randolph Avenue and back along Shepard Road.

Mixing up the routine can be nice and the fitness center makes that possible. Focusing on core workout, elliptical/treadmill work, or weight lifting is a nice break, especially during the bitterly cold weather this winter.

If you’re interested in joining the WFP Running Group and being added to the Google Group for running announcements, please email Lynn Lutz at Lynn.Lutz@so.mnscu.edu or Brian Murphy at Brian.Murphy@so.mnscu.edu.



Four members of the WFP Running Group
from left to right: Russ Roering, Brian Murphy,
Jamie Nordstrom and Lynn Lutz



Being located in downtown St. Paul—for work or as a resident—offers many benefits. In the near future, we will see exciting openings and events to shine the spotlight brighter on our downtown. In fact, those visiting downtown—whether for the first time or upon rediscovery—are likely to take away lasting positive impressions.

Among the many changes we anticipate, there are some that stand out. First is, of course, the opening of the Green Line LRT line between St. Paul and Minneapolis. This signature opening is on June 14.

A number of construction projects are underway downtown. Two that are near completion are the Penfield and the Pioneer Endicott, both mixed-use residential complexes. The Penfield will feature a Lund’s grocery store, and the Pioneer Endicott will have two restaurants, a bar, health club, museum, spa and a wine store. They are expected to be complete by mid-year and are being very well received by the market.

Though the newly renovated Union Depot opened in late 2012, it continues to grow and evolve. Come spring, it will be Amtrak’s only Twin Cities stop. The Depot’s presence is impacting other renovations. Not too far away, the U.S. Post Office Building is being renovated into residential

space as well as some commercial space. Renamed the Custom House, that project is expected to have renters moving in by the fall of 2015. Plus, the St. Paul Saints will move to Lowertown when the new Regional Ballpark is done. Major construction is likely to begin very soon and be finish in the spring of 2015.

Signature events like the summer Jazz Festival will be bigger and better than ever. They will share the musical spotlight with McNally Smith College of Music, which will host a national Grammy Camp—a real coup for McNally and St. Paul.

The list goes on. There are so many positive developments taking place downtown St. Paul, I can’t begin to list them all. I hope you will take some time to explore and take in the newest happenings!

Change is a good thing and our newest change is the addition of two new staff members: Mark Sargent and Paul Ketelhut. After having very little staff turnover the last several years, it was unusual to see a third of our staff roll in a very short period. Learn more about Mark and Paul on page 4 of this newsletter.

As always, please contact the Office of the Building if we can ever be of assistance!

Events

2013 Tenant Appreciation Luncheon

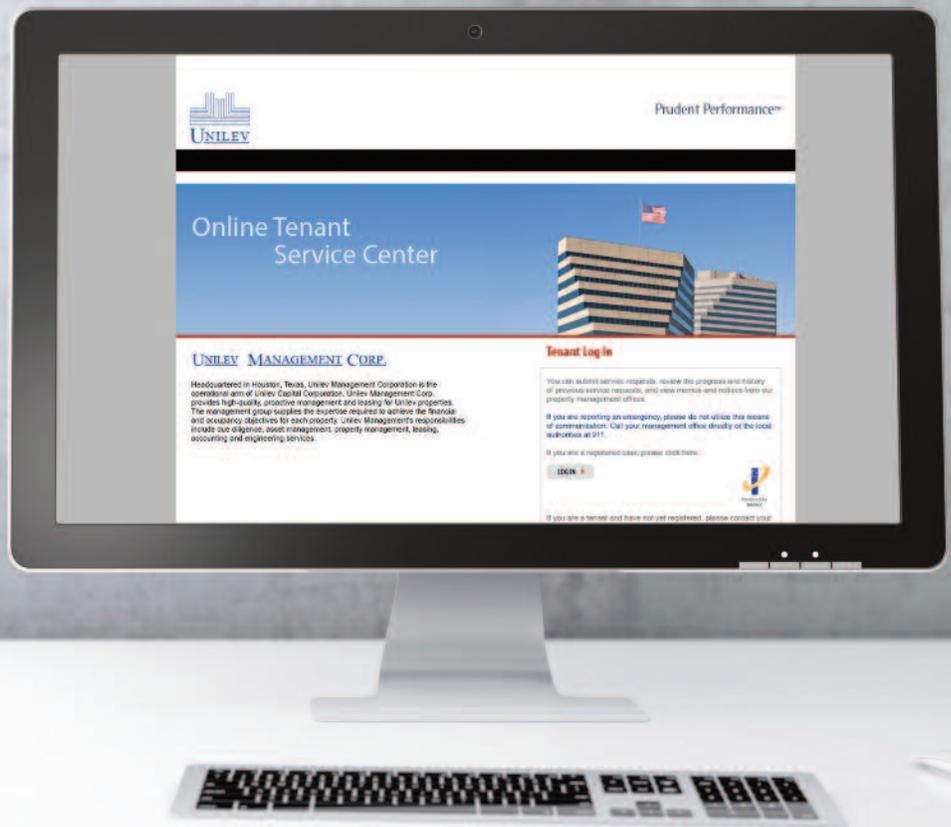


Festive food and holiday music was enjoyed by all at the WFP Tenant Holiday Luncheon held December 18, 2013.



Thank you to all WFP tenants! Because of your generous donations to SafeZone and Toys for Tots, we were able to make the holidays brighter for more than 200 youth in our community.





Taking It Online: New Service Request System for WFP

Is the toilet in the men’s restroom on your floor continuously running? Are the lights out and won’t come on? Maybe the heat isn’t getting to all floors of your space? Who do you contact? As a Wells Fargo Place tenant, your first contact for service requests is the WFP Management Office on the first floor.

In the past, your only option for making a service request was to email or call the building management office. Now, thanks to an online service called IMPAK, tenants may post a new service request at any time and review the status of recent requests online from a portal on the Wells Fargo Place website (www.wellsfargoplace.com).

The service was unveiled at a recent facility managers meeting and initial response has been positive. In addition to being available 24/7, the automated service will allow building management staff to run reports, see maintenance trends and proactively address potentially larger issues without relying on memory or historic emails.

IMPAK has been used by other properties managed by Unilev for a while and is very user friendly. Registration on the service portal is not necessary. Kelly Sargent, your primary WFP liaison for building maintenance, has created log-in credentials for each tenant contact.

The portal is located on the WFP website under the Tenant Resources tab. Posting a new service request is easy. Dropdown menus let you identify the service location (i.e. men’s restroom, elevator, garage, etc.) and job type (i.e. carpet repair, lights/electrical, or pest control, etc.) and your specific service request. You’ll get an email response that your request has been received. All requests are then handed off to a repair technician or engineer. Facility managers may also track service request status from the portal.

A short portal tutorial has been distributed to facility managers for use with any technical issues. Though this new service has many features and will help us in managing WFP, tenants are welcome to contact us in any manner—face-to-face, by phone or email—with building requests. The portal does not replace emails or communication from the building management office. Emergencies must be directed to the Unilev office or the local authorities at 911.

We hope you enjoy the new online service option. Questions may be directed to Kelly in the building management office (651-299-2800).

WFP New Director of Security Mark Sargent



Mark Sargent smiles as he talks about rejoining Wells Fargo Place as the Director of Security. Not only did he get a start at WFP in 2004 as a part-time security officer, this building is where Mark began his transition back into civilian life.

“It is like a homecoming for me,” says Mark. “I was excited to get back, to work with the group of officers here, and be in familiar surroundings.”

Mark grew up in Eagan and enlisted in the U.S. Navy on September 21, 2001, underwent 13 weeks of boot camp, and eventually worked his way up to special response team leader which led to his deployment to Iraq in 2002. He was attached to the flagship CG50 Valley Forge in the Northern Arabian Gulf, where he was part of three teams tasked with enforcing U.N. Sanctions Oil for Food.

After returning from Iraq, Mark initially took time off but kept his focus on security. In October 2004 he began working for Hannon Security at WFP. He quickly advanced from part-time security officer to full-time officer, and then to a shift supervisor. In July 2006 Mark was offered a promotion to account manager for security operations at Navarre in New Hope.

“Security is something I enjoy, something I’ve always been passionate about,” says Mark. “Navarre offered a completely different setting for me. I was in a corporate setting investigating internal employees for theft and other issues.”

While at Navarre, Mark decided it was time to get a degree. “I worked 60 hours per week on a normal basis but knew I had to get that piece of paper,” he explains. “I enrolled at Saint Mary’s University of Minnesota in January 2009. My boss pushed me. He expected me to complete my degree as well as meet my job expectations.”

Mark graduated from Saint Mary’s in October 2012 with a Bachelors of Science in Security Management and a Bachelors of Science in Information Technology.

When the director of security position opened up at WFP, Mark jumped on it. “This building has a lot to do with why I stayed in security and eventually got a degree in the field,” says Mark. “I’m happy to be back.”

Outside of WFP, Mark plays the video game “Call of Duty” with a very close group of friends. He is also a diehard Minnesota sports fan. Says Mark, “Vikings, Wild, Timberwolves, Twins, Lynx, Gophers it doesn’t matter what sport, professional or not. If it’s a Minnesota team, I’m a fan.”

New HVAC Engineer Paul Ketelhut Puts Tenant Comfort First

As the tallest office building in downtown St. Paul, one that contains nearly 635,000 square feet divided between the high rise tower and the three-story atrium, Wells Fargo Place has an extensive HVAC system. That’s good to know when you meet WFP’s new HVAC Engineer Paul Ketelhut. His job is huge. He oversees all of the building’s heating, ventilation and air conditioning, a role that involves controlling the building temperatures, maintaining the heating/ cooling equipment, fixing any problems, staying abreast of new energy codes and technological advancements, and ensuring that tenants are comfortable in their environment.

Paul’s credentials are impressive. He has 20 years of HVAC experience working in a variety of facilities. He earned his Industrial HVAC Degree from Hennepin Technical College and has installed and serviced HVAC systems his entire career. Before coming to WFP, Paul was the HVAC



Engineer at Gillette Children’s Hospital in downtown St. Paul.

Born and raised in the Longfellow Neighborhood of South Minneapolis, Paul still lives there with his wife. They have two grown daughters and two grandchildren. The Longfellow Neighborhood is bordered by the Mississippi River and the Hiawatha Light Rail line. For Paul, this location is perfect. He loves to be so close to the river and the wonderful bike paths Minneapolis has to offer.

Getting outside on his mountain bike is a priority and he often rides along Minnehaha Parkway—Minnehaha Park is the most well-known park in the Longfellow area—to Lake Nokomis, Lake Harriet and Lake Calhoun. Paul also enjoys kayaking and, with the many lakes in Minneapolis, has many options for paddling in the city.

Though Paul is “behind the scenes” much of the time, be sure to give him a welcoming hello if he’s out investigating your office temperature or ventilation.