Mid-Atlantic Celebrates Excellence in Corporate Real Estate

By: Julie Morris, Himes Associates

On May 9th, after years of missing out on attending due to life events, I FINALLY made it to a CoreNet Mid-Atlantic Chapter Awards of Excellence Gala. Boy, have I been missing out!! The evening was a true whirlwind of wonder and amazement as well as one of many firsts.

Included in this was my first time attending an event at Arena Stage. Located on the beautiful waterfront of Southwest DC, Arena Stage features a towering 56’ glass wall that provides breathtaking views of its historic neighborhood. The Bank of America Lower Lobby offered the perfect space for sharing cocktails, catching up with old friends, and creating new connections.

The main ceremony was held in the theatre’s Grand Lobby – which was perfectly outfitted for the high profile occasion and provided an intimate opportunity to continue to network with peers. Upon being seated, guests were welcomed by Mark Gorman, Vice President of Corporate Real Estate & Facilities at Ciena and 2017 President of CoreNet Global Mid-Atlantic. The evening’s hosts, Gala Co-Chairs Junius Tillery and Cathy DelCoco, provided delightful commentary throughout the ceremony as the winners were announced.

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After the ceremony, all retreated back downstairs for delectable desserts and cocktails. The evening slowly drew to a close with glasses clinking and attendees and winners alike celebrating. Overall, the Gala was yet another successful event that was enjoyed by all. Cheers to this year’s winners and we look forward to once again out-doing ourselves next year!

Congratulations to Our Award Winners!

Pinnacle Corporate Real Estate Executive
Steve Dunn, CSRA

Corporate Real Estate Young Leadership
Leslie Frederick, CACI

Corporate Real Estate Partnership
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Letter from the President

Fellow CoreNet Mid Atlantic Members:

It’s hard to believe that we are fast approaching the summer months and the midpoint in our year of engagement.

At the first of the year I shared with you the desire of the Chapter Board to explore new ways to deliver quality experiences for you that could help advance your professional aspirations. To that end, so far we have hosted ten chapter events that have ranged from touring the new Exelon headquarters in Baltimore to exploring WeWorks during a networking event. We have expanded our understanding of vibrant “Entrepreneurial Ecosystem” of the Greater Washington area at Roadmap 2030 and explored the challenges of resiliency at our latest End User dinner.

And of course, we took time to celebrate the success of our members at this year’s gala. It was another amazing event, held this year at the Mead Center for American Theater at Arena Stage. My thanks again to our tireless Gala Committee Co-Chairs, Cathey Delcoco and Junius Tillery for their efforts and of course, congratulations to all our winners and the nominees.

We also took advantage of our Gala event to increase the visibility of CoreNet Global Mid-Atlantic. If you missed the article, here are links to the coverage we received in CityBiz.

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Rest assured we are not taking a summer break! In addition to the ERS June 5 – 6 in New York and the Global Summit later this year in Seattle, your Chapter has another fourteen events on the calendar so far. Our learning events promise to provide opportunities to build upon not only professional learnings but also business fundamentals providing insight into issues facing the C-suite. Paired with a variety of networking events that create opportunities to connect with industry peers, we hope to be delivering on your needs as corporate real estate professionals.

You have a dedicated Board and Executive Committee that remain passionate about delivering to you the best our region offers. We are very fortunate to have such a great team focused on the success of the Chapter and its members.

At the start of the year I invited all current, former, and future members and sponsors to make 2017 a year of engagement. We have an exciting time ahead of us as we explore new ways to deliver experiences for you and build awareness of CoreNet Global and specifically the Mid-Atlantic Chapter in our marketplace as a thought leader and the “go to” source in our industry.

I look forward to seeing you at our next event!

Kind Regards,

Mark Gorman, MCR SLCR
President
Mid-Atlantic Chapter
CoreNet Global

Upcoming Event

Eastern Regional Symposium
Heads to NYC this June!

Join more than 400 corporate real estate professionals from the seven chapters in the CoreNet Global eastern region at the 2017 ERS! The ERS is headed to NYC this June 5-6 and will be held at the NYU School of Law. The event theme is “Place Matters” and program content will explore the interconnection of workplaces, technology, and communities. The event offers something for everyone... tours around NYC, relevant educational sessions, fun social events and more. Visit the website for more information or click here to register.

Contact ers@corenetglobal.org for questions.

Save the Date!

Upcoming Event

Mid-Atlantic’s
2017 Annual Golf Outing

Dust off your clubs, Mid-Atlantic’s 2017 Annual Golf Outing will be held on September 25, 2017 at International Country Club!

Stay tuned for more details about sponsorship and registration…
By: Julie Morris, Himes Associates

It is widely known that being in work is good for people's health and wellbeing, but it's increasingly being recognized that a healthy workforce is beneficial to employers as well. In her new book, The Healthy Workplace, Leigh Stringer explores how creating a positive, safe and healthy environment for employees can increase morale, improve employee work-life balance and, in turn, positively impact your business. On May 17, Leigh treated the CoreNet Mid-Atlantic Chapter to an eye-opening presentation on just how much the workplace affected our quality of life as well as some strategies that can be implemented to help increase positive workplace health. The event was followed by a tour of Kaiser Permanente's Center for Total Health.

Leigh began her presentation by examining the business case for a healthy workplace. Some of the key performance indicators she identified included: well-being, productivity, engagement and culture. She also discussed bow from an operations standpoint, companies can reduce accidents and work-related ill health; sick pay costs; insurance costs; absenteeism; and poor job performance when they implement a healthy workplace.

From there, she moved on to some helpful strategies for increasing workplace health. The main three areas she focused on were movement, stress reduction and sleep. Specifically, she discussed the correlation between access to parks (by office) and exercise of employees. She also identified so life hacks such as using the office staircase as an in-house calorie burner. She likewise pointed out some cool new innovations for the office that promoted movement as well as, conversely, rest and relaxation.

In the end one thing was definitely obvious, a healthy workplace is a MUST for every business because of all the positive improvements it provides including: productivity, business performance, staff morale, and employee engagement.

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End User Complimentary Admissions!

Eager to see some fresh faces and make new contacts at CoreNet Mid-Atlantic Chapter Education Programs and Happy Hours? So are we! In an effort to increase End User engagement as well as introduce potential new End User members to the Chapter, the Executive Committee of the Mid-Atlantic Chapter is proud to announce the End User Complimentary Admission Program. This is an exciting new offering from the Chapter that is available both to current members as well as non-members who may be interested in learning more about CoreNet. The program is simple:

- All Mid-Atlantic Members are eligible to participate in the program.
- Any member who brings an End User to an Education Program or Happy Hour will receive complimentary admission for themselves AND the End User!
- In order to diversify attendance, to receive complimentary admission for multiple programs, members need to bring a DIFFERENT End User to each program to qualify for complimentary attendance.
- There are a limited number of Complimentary Admissions available for each event, so register early!

So what are you waiting for?? To request a complimentary admission, please email midatlantic@corenetglobal.org with your name, your guests name and company. Once your request has been processed and approved, you'll be provided with a complimentary coupon code that can be applied to the online registrations. We look forward to seeing you and your guests at the next Mid-Atlantic Chapter event!
 Volunteer Opportunities

Share your expertise and support your Chapter... Volunteer today!

In 2017, the Mid-Atlantic Chapter plans to add even more value to its members by delivering quality events and educational opportunities. To do that, we need the help of energetic volunteers just like you! Click here to view our committees. Each of them could use support with current objectives and help in creating new ones.

Note: You must be a member of CoreNet to participate on a committee.

Welcome New Members

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<tr>
<th>Kaitlin Filley</th>
<th>J Fine Art</th>
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<td>Kristin Quackenbush</td>
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<td>Matthew Kelly</td>
<td>American Office</td>
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<td>Jennifer Mackeigan</td>
<td>Booz Allen Hamilton, Inc</td>
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<td>Laura Rebling</td>
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<td>Damian Walls, MBA</td>
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<td>Evan Bjorndal</td>
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<td>Lorena Trejo</td>
<td>Hilton Worldwide</td>
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<td>Anne Wissman, LEED AP</td>
<td>Ciena Corporation</td>
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<td>Katherine Schiavi</td>
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