

The VP VIBE

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2010 BIGGEST LOSER CONTEST

Welcome to a new year and a new you!

Volunteer Properties began The Biggest Loser contest on January 18, 2010. The contest will run for a total of 12 weeks and we have a total of 21 employees entered!



LifeSigns really kick started this idea off for us with their health analysis. It's a complete physical with a screening ultrasound, blood test, EKG, hearing test, BMI, pulmonary function test and other tests covered based on your age. All of this is done for a \$25 copay through BCBS P Plan. "It's a way to be proactive about your health" April Pardue, Wellness

Consultant, LifeSigns stated.

Every Monday participants will weigh in privately with their manager or appointed person. When all numbers are in the list will be emailed to me and I will tally up the leaders for the week. The top five people will have their code names sent to all of the properties. Accompanying the code names will be the percentage of weight loss. Their weight and pounds lost will not be shown.

The contest is based off of total percentage of weight lost so it's really an option for anyone to win.

Along with a stunning new figure, the winner will be awarded **\$525!**



Other reasons to be more proactive about your health have been documented in several different publications. US News and World Report, "The Milken

Institute did a study in early October they concluded that reorienting our health system toward preventing rather than treating disease could stave off 40 million cases of cancer, heart disease, and other chronic illnesses during the next 15 years."

Being healthy to me means that I will be able to spend more quality time with my daughter. What is your reason for taking better care of yourself?

VP Anniversary Dates:

- Andre Hall 2/22 (3 yrs)
- Gary Driver 4/2 (12 yrs)
- Mat Lawton 4/3 (4 yr)
- Scott Heath 3/17 (7 yrs)
- Brent Meadows 3/4 (1 yrs)
- Crystal Brock 4/9 (3 yrs)
- David Hampton 3/16 (11 yrs)
- Juan Mendez 3/13 (10 yrs)
- Randy Johnson 3/11 (14 yrs)
- Sylvia Shannon 3/1 (3 yrs)

ANNOUNCEMENT CORNER

Sandra "Sandy" Snook has been promoted to Property Manager at Nottingham Apartments.



Sandy has been employed with Piccadilly for 3 1/2 years.

Prior to that she worked at Kroger Corporate in Accounting. When Melenna was on maternity leave Sandy stepped in and was acting Property Manager. Linda Mason has been impressed with her work. Linda remarked, "I knew when she stepped up as acting Property Manager at Piccadilly that she was Volunteer Properties management material".

Gina Lassiter has been promoted to Assistant Manager at Piccadilly Apartments.



Gina has been with Volunteer Properties since January 1999. She has grown

up through the company in various positions. Gina has always handled any situation at hand with grace and a smile. Per Linda "Gina never says no to a challenge. She will attempt to do anything that is asked of her and when she does something it's always done in a professional and excellent manner."

Jessica "Jessie" Phillips has been promoted to Assistant Manager at Nottingham Apartments. She will miss her team at Piccadilly Apartments but she is up for the new challenge.



Melenna is going to miss her too. She said that she feels like Jessie's family but she told her that she's only a call away. Melenna commented on Jessie's work "I've taught her everything that I know and I know she will do a great job".

Please join with us and congratulate these ladies on their promotions!

CONGRATULATIONS AMANDA JOHNSON

Amanda Johnson is engaged! She and her finance' Jon met through her leasing agent Amber.

Amber's husband Ryan is in the Army and had "attempted" to set her up with a guy he works with. That wasn't a good match but through that she met Jon. Amanda picked the first date, and, of course, she chose double-dating to the drag strip! They had a great time and even went to a movie afterwards, where he fell asleep leaning against her arm. She didn't mind and did not make him move and they have been inseparable ever since!

"While I have a flare for the excit-



ing, Jon is a little more subtle, which is why we complement each other well and get along so great." Jon proposed the Friday before the GNAA gala. He had considered doing it at the gala, but decided he would like the occasion to be a bit more private, so he proposed to her that Friday in the hallway at her house. She was playing around and trying on old prom dresses, and modeling them in the living

room. Amanda came out of the spare bedroom wearing her high school track uniform, and found him on one knee holding up the ring, asking her to marry him. Of course she said yes!

As far as wedding plans, the "when" of it all depends on if he's deployed in June or not (they are hoping not). "I would like a late summer/early fall wedding. I have always envisioned a wedding with close friends and family on a houseboat on Center Hill Lake." Amanda wants it very casual, with a friend playing an acoustic guitar.

She and Jon attended the Bridal Expo and are also thinking about the possibility of a log cabin in the smokies, or maybe even a beach wedding. They have plenty of time to decide.

We are so happy for you Amanda! Please join with us and congratulate Amanda on her engagement.

EMPLOYEE OF THE QUARTER

Randy Johnson, (Maintenance Supervisor from Village West Apartments) is our Employee of the Quarter!



This is based off of several reasons that were highlighted in his entry form from his Manager, Alicia Flores.

“Randy is about to begin his fourteenth year with the company and he is one of the most dedicated employees that I have ever seen.” Alicia Flores wrote in her entry.

There have been several instances where Randy has performed above and beyond. Randy does anything that is asked of him. He

even postpones his time off when duty calls.

Alicia remarked on his dedication, “He has had several instances where he has been due a comp day but he doesn’t take it due to an emergency on the property, or a project that came up and must be done.”

There is a strong team at Village West. A big reason there is because they have strong management. Alicia always knows that she can count on Randy to be there if she needs him.

This is true personally also. Randy is generally concerned about his fellow employees. Alicia commented “Randy walks into a room and looks at my face and can tell if there is something wrong in my personal life. He will be truly concerned and will help in any way

possible. He not only does this for me, he cares about all of his co-workers and has helped most, if not all, in their personal life; whether it is fixing a car, a roof, putting together a desk, or lending a shoulder to cry on when there is a loss in the family.”

“If Randy is chosen as Employee of the Quarter, he will be mad at me. He likes to keep a low profile. But, he deserves it.” stated Alicia.

Congratulations Randy! You deserve this honor! With this recognition you will also receive a \$50 gift card.

If you know of someone that needs to be the “Employee of the Quarter” then please fax or email your entry to me and a reason of why they should be chosen. If we don’t know then we can’t brag... :)

DEBORAH BAUMSTARK—UPDATES

Deborah Baumstark has been in everyone's thoughts and prayers since her diagnosis of cancer in early December.



She continues to fight the cancer on a daily basis. Currently she is awaiting her next round of Chemotherapy. All of the treatments will be completed in July. She is strong in

her spirit and appreciates the continued support. Deborah says, “I plan on getting through this adventure...”

Deborah recently wrote in a note “The prayers, phone calls, cards, hats, wraps, meals, and visits have kept me going...”

Please keep sending her your cards, love and support. Her address is: **3718 Baxter Road, Joelton, TN 37080.**

Randy wrote this but it’s worth sharing again... “The top oncologists in the country agree that a patient’s attitude about treatment is the most important factor in their possible recovery.

So encouraging words are very precious right now for her. She is in a very tough state of mind right now, and she does love us all as extended family.” We love you Deborah.

“I plan on getting through this adventure...”

We're on the Web!
www.volunteerproperties.net



Home Office staff:

Randall L. Phillips Managing Partner

Linda W. Mason President

Elizabeth Peden Office Manager/VP Vibe Publisher

Sylvia Shannon A/P

HEALTHY HINTS



We have all had times where we have been stressed. How we react in

stressful situations sometimes defines who we are to others.

Effective stress control results in the enhancement of both mental and physical well-being. Exercise and practice of relaxation methods are the best ways to keep chronic stress in check, but it isn't realistic to take a jog or a meditation break every time you're faced with a stressful situation.

You can, however, practice techniques like controlled-breathing

exercises when you feel your stress levels soaring. The following exercise in breathing can be done for as little as three to five minutes at a time and is an effective way to halt escalating feelings of anger, tension, and frustration.

Controlled-breathing exercise:

1. Sit upright in a comfortable position.
2. Focus on your present state and existence (this is often termed being "mindful"). Block



out intrusive thoughts. You may close your eyes if you wish.

3. Pay at-

attention to your breathing. Inhale slowly through the nose, taking several seconds.

4. Exhale through the mouth, trying to make the exhalation phase last twice as long as the inhalation.
5. Continue this mindful breathing for three to five minutes.

If you like, you can increase the practice to 15-20 minutes per day. With regular practice, you can train your body to relax in stressful situations by using this exercise.

This exercise can also be effective in dealing with anxiety, panic attacks, stage fright, and fears (such as the fear of flying). Taking a restorative pause to focus on your breathing can also be a valuable anger-management tool.

2009 what a year! We saw our markets decline (all but Concord Village... Thank you Amanda and the Military) to the 80's something we haven't seen in the last decade or more. Most properties were able to pull out and end the year in the 90's or high 80's. We survived due the excellent and proactive VP Team members.

The GNAA Award Banquet brought on another big surprise with Randy's announcement of my promotion ... WOW ... I didn't see that coming. Then in comes January bringing in three more VP promotions. I'm so excited about having Sandy and Jessie at Nottingham and Gina at Piccadilly. And Melenna, Thank YOU for allowing me to take one half of your staff ... that's what you get for doing such an awesome job of training.

I'm looking forward to 2010...I feel our properties will continue to stabilize in the low 90's which will position the financial needs in order for us to operate in the black.

You're the BEST!, The Prez :)



Peace and Love Linda