

# PAN AM

SUMMER 2013



## Management Message

**Julie Miyashiro (S), Property Manager**  
Pan Am Building

### Hurricane Season Reminder

As we approach this year's hurricane season, which runs from the beginning of June until the end of November, please use this opportunity to review your business' continuity plans for disasters. If you have not already done so, visit <http://panambuilding.bssnet.com> for helpful tips regarding emergency evacuation, severe weather conditions and other helpful emergency planning tips. Please contact us for Login and Password information or help with navigating the site.

### Some Helpful Tips:

**Plan now** – Do not wait until a hurricane is coming to decide where to go and what to pack. Instead, begin working on a plan now and update it as needed.

**A Go Bag or Evacuation Bag** – Should you be ordered to evacuate, you should have an emergency supply or "go bag" prepared and ready to go. This should include at a minimum, a three day supply of food, water, pet supplies, medicine, cash in small denominations, important documents (maybe on a USB drive) and other necessities.

**Do Not Wait** – Do not wait until the last minute. It is especially important to evacuate early since we live on an island, rather than waiting until the last minute. For example, if you live in Waikiki; the traffic jam that precedes a mandatory evacuation is sometimes impossible to navigate in a timely manner.



### Pan Am Building Holidays

The Pan Am Building will be closed in observance of the following 2013 holidays:

<b>Memorial Day</b>	<b>May 27, Mon</b>
<b>Independence Day</b>	<b>July 4, Thu</b>
<b>Labor Day</b>	<b>Sept 2, Mon</b>
<b>Thanksgiving</b>	<b>Nov 28, Thu</b>
<b>Christmas Day</b>	<b>Dec 25, Wed</b>

On the above holidays, there will be no janitorial, maintenance or air conditioning services.

In addition to the above holidays, the building management office will be closed on the following days. The building will remain open with janitorial, maintenance and air conditioning as usual.

<b>Day after</b>	
<b>Independence Day</b>	<b>July 5, Fri</b>
<b>Veteran's Day</b>	<b>Nov 11, Mon</b>
<b>Day after Thanksgiving</b>	<b>Nov 29, Fri</b>
<b>Christmas Eve Holiday</b>	<b>Dec 24, Tue</b>
<b>New Year's Eve</b>	<b>Dec 31, Tue</b>

On the above holidays, there will be no janitorial, maintenance or air conditioning services.

### Pan Am Building Contacts

<b>Management</b>	944-8100
<b>Security</b>	222-5871
<b>Leasing</b>	695-3500
<b>Parking</b>	973-1237
<b>Maintenance</b>	944-8100

### New Tenants

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### Tenant Renewals!

- China Airlines
- Dasher Corp.
- Revolusun
- Hilton Grand Vacations Company

# Featured Tenants

## Vein and Skin Center is not just for Veins!

Introducing... Hawaii's ONLY Advanced Laser Tattoo Removal



Although Dr. Woodrow Chung is best known as being Honolulu's only Board Certified Phlebologist (Study of Veins), he has launched InkOff.MD to focus on tattoo removal with the investment of the PicoSure by Cynosure. InkOff.MD guarantees 75-100% tattoo removal in just 3-4 months.

Now even tough blue and green tattoo inks can be safely and completely removed. According to Dr. Chung, old laser technology can take over 1 year to attempt near complete tattoo removal and the patient will require anywhere from 10-20 treatments. With the new PicoSure laser system this can be safely achieved in just 4 treatments at a similar cost to old tattoo removal.

Dr. Chung says that 45 million people in the U.S. alone have tattoos and that there was a 32% increase in the removal of tattoos just last year that is mainly due to employment issues that do not allow exposed tattoos to be seen.

Vein and Skin Center of Hawaii and InkOff.MD celebrate their 6th year of business at the Pan Am Building and Dr. Chung says what makes this such a great location is that everyone knows the building and where to find it. It is just plain convenient!

**Vein and Skin Center of Hawaii • [www.hawaii vein.com](http://www.hawaii vein.com)**  
**InkOff.MD • [www.inkoffhawaii.com](http://www.inkoffhawaii.com)**  
Pan Am Building, Suite 808; PH: (808) 949-8346

## Revolutionizing Solar Energy in Hawaii!

**Affordable Solar Solutions for Homeowners & Businesses.**

RevoluSun makes going solar easy. With customized systems, personalized financing solutions and their proprietary software, RiSE that provides a transparent and efficient proposal and project management solution, RevoluSun offers unmatched customer experience and value.

RevoluSun provides experience you can trust and works with many NABCEP-Certified workers in the state who are committed to doing what is best for the customer, every time. With over 100 RevoluSun employees and contractors on Oahu and the Big Island, RevoluSun is now in their 4th year of business. Principal, Rod Braunthal says that business is booming and that with the many different lease and financing programs, customers can get started with little to no down payment!

RevoluSun has successfully designed and installed custom photovoltaic projects in over 3000 homes exceeding 30 MW of energy and has been headquartered in the Pan Am Building since 2010 where they occupy the 9th and 17th floors that command great views. RevoluSun was awarded SunPower's "National Top Producer" award in 2011 and 2012 for its residential work and was voted #1 Best Solar Company in the State of Hawaii by the Honolulu Star-Advertiser and Honolulu Magazine in 2012.

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Left: David Gorman, V.P. Business Development; Middle: Pamela Joe, V.P. Corporate Development; Right: Rod Braunthal, Principal

# Restorative Yoga at your desk

By Lia Catanzaro

Property Coordinator & RYT 200 Yoga Instructor

Sitting at a desk for hours at a time can really take a toll on your body. The following three stretches have been modified for accessibility throughout the day while you are seated, but you can also practice them while standing.

Take a few minutes to incorporate these simple yoga poses to help loosen up tense muscles and get some extra energy throughout your day!

## Mountain Pose

While seated at your desk:

1. Place your feet flat on the floor.
2. Sit up tall, and keep your shoulders stacked over your hips.
3. Reach your arms to the ceiling.
4. Relax your shoulder blades down your back, and let your shoulders fall away from your ears
5. Drop your chin slightly to lengthen your cervical spine (back of the neck).
6. Spin your pinkies in towards the center to activate your triceps.
7. As you inhale, lengthen through the crown of your head.



Continue to breathe as you hold this pose. Mountain Pose is great for your posture, and keeps your spine healthy!

## Seated Half Moon Pose

While in mountain pose interlace your hands, and extend your palms up to the ceiling.

1. Be sure to keep your shoulders stacked directly above your hips.
2. As you inhale, lengthen your spine through the crown of your head as if you were lifting up and out of your waist.
3. As you exhale, begin to stretch your hands up and over to the right side. As you create a half moon shape with your torso you will feel the stretch along your left side body. Continue to reach through your palms to keep your arms activated.



4. On your next inhale, shift up and over to return to center.
5. As you exhale, stretch up and over to the left side.
6. Inhale and shift back to center. Repeat both sides, or release and shake it out.

Seated Half Moon Pose releases tension in your hands and wrists, which helps prevent carpal tunnel and increases circulation. Creating a Half Moon shape with your torso provides a deep stretch and release to the muscles of your side body and rib cage that are usually restricted while seated at your desk.

*\*Keep your breath linked with your movements during this pose! This stretch should be flowing, not static-inhale to lengthen through your spine, exhale to reach up and over to the side, inhale to come back to center; exhale to repeat on the other side.*

## Eagle Pose

While seated at your desk:

1. Place your feet flat on the ground, and sit up tall.
2. Swing your right arm under your left arm, crossing at your elbows, wrists, and palms.
3. Reach your hands up towards the ceiling, aiming to get your elbows level with your shoulders.
4. Keep your elbows aligned at the center of your body.
5. Keep squeezing your elbows, wrists and palms together tightly.
6. After holding for a few breaths release, shake it out, and switch sides! (Left arm under right.)



*\*Not quite there yet? No problem! Modify by crossing your arms over your chest and placing opposite hand on opposite shoulder like you are giving yourself a hug.*

3. Reach your hands up towards the ceiling, aiming to get your elbows level with your shoulders.
- \*If you took the hug modification, lift your elbows to shoulder height if that's accessible for you.*

4. Keep your elbows aligned at the center of your body.
5. Keep squeezing your elbows, wrists and palms together tightly.

*\*If you took the hug modification keep squeezing your elbows together.*

Eagle pose has some amazing benefits for your body! Holding this pose opens up your shoulders and creates space between your shoulder blades. This allows the release of the trapezius and rhomboid muscles, where we all tend to hold a lot of our stress. As you squeeze your elbows, wrists and palms together you are creating a tourniquet effect on your joints and restricting the blood flow. As you release this hold you are allowing fresh oxygenated blood to flow into your joints, and increasing your circulation. And to top it all off, practicing Eagle Pose strengthens and tones your arms and shoulders!

## Hawaii Food Bank Drive Results:

The Pan Am Building was able to donate \$793 and 199 pounds of food to the Hawaii Food Bank this year! Thank you for your kindness and generous donations!



## Kaka'ako Cleanup

The 2nd Annual Kaka'ako Community Cleanup was held on Saturday April 20th 2013 promoting community involvement with local businesses and residents via a street and park cleanup in honor of Earth Day. The cleanup, held at Mother Waldron Park included landscaping, painting, picking up litter, and removing graffiti tagging. The event brought together different businesses, organizations, government entities and more than 40 volunteers!



## Building Events

### Watanabe Floral Sales

Watanabe Floral will be holding a floral sale every 1st Monday of the month! They will be located in the Pan Am Building lobby, selling colorful South American Spray Roses, Tulips, and other assorted flowers. Stop by between 11:30am and 1:00pm to purchase some flowers that will brighten someone's day!



### Pacific Corporate Solutions E-Waste Drive

Do you have obsolete or unwanted electronics? Here is your opportunity to have them recycled for free! Pacific Corporate Solutions will be at the Pan Am Building Lobby on **Monday May 20th from 9am to 2pm.** Items that are accepted: Computers, monitors, laptops, printers, fax machines, servers, telcom equipment and wires. If you have other items not on this list, please feel free to call Pacific Corporate Solutions for a free quote at 488-8870.



**\*On the day of the event** items may be dropped off in the lobby, or to schedule pick up from your suite please call **488-8872.**

**Reminder!** Please continue to drop off ink and toner cartridges to our on-site recycling bin in the loading dock. We have partnered with Intrade Corporation to make recycling these items more convenient.



### Advertising opportunity:

Would you like to advertise your business and services in our elevators? We are now offering free half page (4 1/4" x 5 1/2") advertisements to be submitted and displayed for five (5) business days at time. Advertisements will be displayed at a first come, first serve basis. Please submit your ads in word or jpeg format to Lia Catanzaro at lcatanzaro@shidler.com

*\* Management reserves the right to deny or remove signage as needed.*

## Engineering Feature

The Engineering and Management offices are working hard on 'Going Green' here at the Pan Am Building! Going Green is truly a win-win situation for everyone. Not only are we helping to conserve our environment but we are also reducing energy bills for the building, and in turn helping to reduce CAM charges for our tenants. Below is a list of some of the ways the building has been promoting our Green efforts:

1. Electric vehicle charging station – free for the first 2 hours, \$5/hour thereafter.
2. HECO and Hawaii Energy lighting rebates.
3. Ink and Toner Recycling- please continue to drop off old ink and toner cartridges to the Intrade, Inc. recycling bin located in the loading dock.
4. Electronic Waste Drives- Pacific Corporate

Solutions is scheduled to be back on May 20th to recycle old electronic items hanging around your office.

5. Paper, plastic and aluminum recycling.

### Some Green projects that are in the works:

6. Garage and ground floor lighting retrofit projects- converting Halide bulbs into compact florescent and LED lighting.
7. Lighting timers- we are testing and replacing lighting timers on all floors.
8. Chiller Replacement- we are replacing the heart of our air conditioning for a more efficient running system.

Thank you for all of your participation and effort in helping the Pan Am Building go Green!



**Erik H. Boerstler,**  
V.P. Asset Management  
The Shidler Group

Aloha! My name is Erik Boerstler and I would like to introduce myself to you. I am the Vice President of Asset Management for The Shidler Group. I am taking over operations responsibilities for our previous VP Anna Palla for the Pacific Office Properties portfolio. Anna was with our company for over nine years! Rest assured, our team will continue to serve you in a first class manner that you have come to expect from The Shidler Group.

Pacific Office Properties is a publicly traded company that was formed by The Shidler Group in 2008. As The Shidler Group has grown and evolved over the years, there has been some confusion over the relationship between The Shidler Group and Pacific Office Properties. Pacific Office Properties is an "externally managed" company. That means that while it owns the properties, it has no employees. The Shidler Group provides the management of both the public company and the real estate.

Our primary focus in Honolulu is providing our tenants with the best possible working environment. During 2013 we are going to be performing several energy saving projects that should lower utility costs. We are also adding some exciting new tenants that should be an added amenity for our existing tenants. For example, Long's will be opening a new store in the ground floor of Davies Pacific Center that is scheduled to open in July.

We are the only major property owner in Honolulu where the majority owners are also living and working in Honolulu. We have a vested interest in seeing our tenants and our community in general thrive. Thank you for giving us your business – we appreciate it and we don't take it for granted. We look forward to the future and hope to continue our relationship with each and every one of you!

## Parking Feature

We are excited to announce the forthcoming projects for the Pan Am Building Parking Garage. Ampco System Parking will be scheduling the following work:

- April 2013** Repainting of all directional arrows and curbs (in progress)
- May 2013** Stall restriping and numbering
- July 2013** Replacement of wooden wheel stops

We will be sure to expedite the work to minimize impact on daily business. We strive to achieve 100% customer satisfaction. Please be on the lookout for upcoming memos regarding parking lot closures and or adjusted hours.



## Security Feature

Summer is just around the corner! Summer is a busy season with lots of fun activities that keep us running around. It is important to stay alert and be mindful of your belongings during this busy time. Here are some robbery prevention tips for your business, home or your vehicle.

### Follow These Robbery Prevention Tips:

- Place security signs and stickers on points of entry to serve as deterrents to robbers.
- Be sure you have adequate lighting both inside and outside your business.
- Exterior lighting should illuminate dark areas around your building and parking lots.
- Interior lighting should be adequate enough to allow people outside your business to see people inside.
- Install silent alarms which will give police a better chance of catching intruders.
- Remember to double check that your vehicle is secured.
- Do not leave bags or items visible inside your car and always lock them in the trunk.

### Tips for Managers:

- Insure that all employees receive a written statement of key policies and procedures, and that they acknowledge receipt by their signature.
- Make it easy for employees to come forward to report their suspicions or concerns.
- Tell employees what to report and when to report it.
- Tell employees exactly how the information they provide will be used.
- Make yourself accessible to employees.
- Don't criticize employees who may be over-cautious.

**Have a safe summer!**

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## Janitorial Feature

Recently a supervisor at one of our jobsites noticed that one of his employees just wasn't himself when he got to work.



The left side of his body was limp, and he was not responding as he normally would. As an aware and responsible supervisor he advised the employee to see a doctor. The employee was then treated for stroke-like symptoms and was able to get the medical attention he needed.

Spot a stroke F.A.S.T. The American Stroke Association uses FAST as an easy way to remember the sudden signs and symptoms of a stroke. When you can spot the signs you'll know quickly that you need to call 9-1-1 for help. The sooner the stroke victim gets to the hospital the sooner they can be treated, which can make a big difference in their recovery. For more information please visit <http://strokeassociation.org>



## Leasing Information

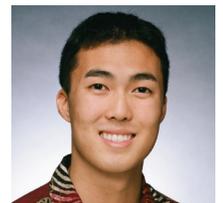
Bishop Street Commercial is proud to represent The Shidler Group at Pan Am Building. Scott Garmon, Keenan Sue and Dennis Park look forward to assisting you with all of your leasing needs. Office, retail and storage spaces are available.



**Scott E. Garmon (B)**  
808-695-3503  
SGarmon@BishopSC.com



**Keenan J.S. Sue (S)**  
808-695-3504  
KSue@BishopSC.com



**Dennis P.K. Park (S)**  
808-695-3508  
DPark@BishopSC.com



**David M. Shimana, CPA, CWS®**  
**Wealth Advisor**  
 Pan Am Building, Suite 1408  
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