



Personality Profiles



Russell Munz
Co-Owner/
Chief Operating Officer
Pyramid Real Estate Group

Name: Russell Munz
Title: Co-Owner / Chief Operating Officer
Company: Pyramid Real Estate Group
Location: Stamford, Conn.
Birthplace: Southampton, N.Y. **Birth Date:** 1973
Family: Married to my terrific wife Ruthie and we have a 140 lb. hairy dog (Leonberger)
College: Cornell University
First job outside of real estate: U.S. Army Captain
First job in real estate or allied field: Property manager
What do you do now and what are you planning for the future: Solve hard RE problems with our 25 man team; receiver, management, fill vacancies, do back office for others to save money.
Hobbies: Adventure travel, sailing
Favorite book: "Topgrading – How Leading Companies Win By Hiring & Coaching A Players"
Favorite movies: Documentaries downloaded off Netflix
Person you most emulate (outside of family): Benjamin Franklin
Key to success: Do what I say I will do – Be accountable – Execute
If you had to choose another vocation what would it be? Inventor (I meet friends monthly to brainstorm big ideas over burgers & beers)



Paul Tolk
Vice President
Eagle Realty LLC

Name: Paul Tolk
Title: Vice President
Company: Eagle Realty LLC
Location: Bethel, Conn.
Birthplace: Bridgeport, Conn. **Birth Date:** March 3, 1940
Family: Wife, 2 daughters, 4 grandchildren
College: BS - Hobart College; MBA - University of Bridgeport
First job outside of real estate: Sales engineer, Burndy Corp., Norwalk, Conn.
First job in real estate or allied field: Manager, Elmer Craw Real Estate, Fairfield, Conn.
What do you do now and what are you planning for the future: Sales and marketing commercial real estate.
Hobbies: Tennis, golf, skiing, travel
Favorite book: "Balducci"
Favorite movie: "Independence Day"
Key to success: Follow up, stay in touch, think outside the box, way outside.
If you had to choose another vocation what would it be? Medical



Kurt Prochorena
Director of Operations
BSC Group

Name: Kurt Prochorena
Title: Director of Operations
Company: BSC Group
Location: Glastonbury, Conn.
Birthplace: New London, Conn.
Family: Married to Julie, three children
College: Norwich University, Military College of Vermont
First job outside of real estate: Park ranger at Rocky Neck State Park
First job in real estate or allied field: Consulting engineer
What do you do now and what are you planning for the future: Direct BSC operations in Conn. I plan on continuing the company's growth.
Hobbies: Fishing, mountain biking, gardening
Last book: "The Sea Wolf"
Favorite movie: "Jaws"
Keys to success: Perseverance
If you had to choose another vocation what would it be? Landscaper



Robert Adnopoz
Senior Broker, SIOR
Legacy Circle
Colliers Dow & Condon

Name: Robert Adnopoz
Title: Senior Broker, SIOR - Legacy Circle
Company: Colliers Dow & Condon
Location: New Haven, Conn. 06511
Birthplace: Conn.
Family: Wife, two children
College: Dartmouth College
First job outside of real estate: Food sales and distribution
First job in real estate or allied field: Warehouse and retail site selection
What do you do now and what are you planning for the future: Client representation and consultation for real estate, investing and site location.
Hobbies: Golf, skiing, education
Favorite book: "Mountains Beyond Mountains"
Favorite movie: "Chicago"
Person you most emulate (outside of family): Eugene Rosenstock-Hussey
Key to success: Perseverance
If you had to choose another vocation what would it be? Educator