



under the dome

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A City Hall Building Management newsletter created specifically for City employees

City Hall Building Management
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Dear City employees who work in City Hall:

Introducing City Hall Building Management's new monthly electronic newsletter entitled "under the dome," created specifically for City employees who work in this wonderful building. Each month "under the dome" will provide you with a variety of City Hall news and information including building safety tips, preservation updates and art attractions. On the lighter side, regular features such as "Transformations" and "Scene & Heard" will introduce you to fellow City employees who work in City Hall and provide hot tips on hip lunch spots, movies, music and more. It is with great pleasure that I bring this resource to you. I hope that you enjoy working under the dome as much I do.

Happy New Year!

Lesley Nolan

Building Services Manager
City Hall Building Management

We Welcome your Feedback!

City employees can send "under the dome" questions and suggestions to lesley.nolan@sfgov.org

YOU asked for it

Over the years City employees have asked the City Hall Building Management team every question under the sun about City Hall. Recently I was asked, "What is the base isolation system at City Hall?"

To answer that question I knew I needed an expert. I called Stanley So, an Architect with the Department of Public Works. During the renovation of City Hall, Stanley was the Project Coordinator/Design Team Leader with responsibilities that included project management, design team coordination and code compliance.

Stanley explained that although City Hall suffered only moderate damage during the 1989 Loma Prieta earthquake, a seismic upgrade was necessary to prevent future damages and hazards. A base isolation system was selected for the retrofit because it provides a high level of seismic protection yet has minimal impact on the historic fabric of the building. Stanley then said that the best way to understand the base isolation system was to go underneath the building and see it. Great! In my four years as General Manager, I've explored the building from top to bottom but I'd never been UNDER it before.

Stanley agreed to meet with me at City Hall and told me to be prepared to get dirty. In a utility room on the Ground Floor, Stanley opened a trap door in the floor to reveal a small crawl space between the building and the ground. Always ready for an adventure, I put on my coveralls, grabbed my flashlight and followed him down the ladder.

As the dust settled and my eyes adjusted, I could see that the entire building is elevated about three feet off the ground and rests on what appeared to be hundreds of columns. Stanley explained that these "columns" are base isolation bearings connecting the above-ground building structure to the foundation. There are a total of 591 bearings installed. Base isolation bearings at City Hall are large shock-dampening rubber pads, some embedded with lead cores and layers of stainless steel plates. These load-bearing pads, placed in between the bottom of each column and its foundation, carry the heavy gravity load of the building and dissipate the energy imparted to the building by earthquake ground motion. The building feels less force and moves uniformly (like a rigid box) in a slow controlled fashion, resulting in substantially better protection for the structure, its occupants and its contents.

Climbing out from under the building Stanley told me that with a footprint of 408 feet by 309 feet and over 500,000 square feet of floor space, City Hall was the largest building in the United States retrofitted with a base isolation system when the building reopened in January 1999. Just one more reason to be proud to work in City Hall!

Corrine Mehigan, City Hall General Manager

**City employees are encouraged to send questions to "YOU asked for it" by emailing Corrine.Mehigan@sfgov.org.*



Art in City Hall

The Art of Recycling

Now through January 13th be sure to check out "The Art of Recycling" in the South Light Court of City Hall. The exhibit is organized by the Mayor's Office Of Neighborhood Services. This group exhibit is the second art show in a new space set aside to feature local artists (The first show exhibited work by Jerry Garcia). You are invited to see the exhibit any time that City Hall is open to the public: 8 a.m. - 8 p.m., Monday-Friday (closed on City Holidays). The show includes work from 13 previous artists who participated in the Artist In Residence Program at SF Recycling & Disposal (a subsidiary of Norcal Waste Systems) working at the art studio at the San Francisco dump and making art from recyclable materials found in the City's trash. Concurrent with the Light Court Show, be sure to see the life-size Styrofoam Hummer exhibited in the Art Commission Gallery Window across from City Hall at 155 Grove Street. For more information about the program at the dump: www.sfrd.com or 415-330-1415.

Saint Francis Memorial Hospital Exhibit

Also in the South Light Court, be sure to check out the historical exhibit of photographs and memorabilia from Saint Francis Memorial Hospital over the past 100 years. This is a free exhibit that we will be up until March 31st. The 1906 earthquake demolished the first Saint Francis Hospital. It was rebuilt and Saint Francis helped San Francisco survive through the aftermath.

Ground Floor Art Commission-N/A for January, please check back next month for future exhibits scheduled for the ground floor level.

Transformations

Do you recognize this City employee who works in City Hall?



Cute Stuff!



Purrfect!



That 70's guy

Nick Majeski, City Hall Building Management Assistant

Don't Stress - Try Office Yoga

If you haven't stretched in a while you might feel the tension in your neck and shoulders building. Sit up in your chair with both feet resting flat on the floor, take a deep breath, and try Office Yoga for a quick release of tension.

The Pencil Neck

Slowly move your head to the left side, pushing your head up with your hands on your neck. Relax and breathe deep for 10 seconds while you hold your stretch. Slowly release and repeat to the right side.

The Rubber Necker

Sit upright with neck slightly extended. Relax shoulders, slowly turn head to the left and hold for 15 seconds. Repeat on right side.

Look Up, Look Down

Clasp hands together behind the head and inhale. While you exhale tilt the head up and back, paying attention to the

stretch at the front of the throat. As you start to breathe in again, move back to the upright position. Pull the head gently forward and down with the hands, breathing out and moving the elbows closer together. Hold for 10 seconds, inhale and return to starting position. Repeat the stretch 3 times.

Up and Out

Press your palms together in front of your chest. Take a deep breath, slowly exhale and raise both arms above your head while keeping palms together. Breathe in again, tilting the head back slowly so you are looking at your hands. Exhale and reach higher to maximize the stretch. Hold pose for 10 seconds and slowly bring arms to starting position. Repeat until you feel relaxed and refreshed.

** We recommend that you consult a physician before starting any exercise program*

Work Orders and You

Have you noticed a light bulb out? Do you need to reserve a hearing room? No problem! Just simply fill out a Work Order Form with your name, phone number, office number, date you are requesting the work to be done, and return it to the Building Management department.

We have heard people in the hallways exclaim, "That new Work Order Form is SO easy to use!" Another person was heard saying, "I love how you can click on what you need to be done and email it back to them!"

Can't find your form? Simply send an email to city.hall.building.management@sfgov.org requesting a new Work Order Form. Don't like email? We accept faxes at 554-4936.

Want to request something not on the form? That's what the "description" section is for in the bottom right-hand corner of the Work Order Form.

Scene and Heard

What are you reading?

Character is Destiny by John McCain.

"Inspiring short stories to remind us the value of personal integrity. I'm just a Oprah/Chicken Soup type of person."

Rose Chung

Board of Supervisors
Office of Supervisor Aaron Peskin



What are you listening to?

Rufus Wainwright

"His album *Want One* is on KPIG-FM (107.5). The arrangements and lyrics are incredible."

Daniel Homsey

Mayor's Office of Neighborhood Services



What are you watching?

Capote, *Good Night and Good Luck* and *Turtles Can Fly*

"The first two movies which are in theatres now, both deal with a figure that is dead but the central issues are still contemporary. They are complete in every area of filmmaking. On DVD I am watching *Turtles Can Fly*, which is a movie about refugee children from the Turkish-Iraqi border. It's very heavy but worth seeing."

Bob Davis

Entertainment Commission



City Hall Café

On the southwest corner of the Ground Floor of City Hall (room 040) is one of the "hidden treasures" of the building. Every morning at 7:00 am the City Hall Café begins to brighten the days of countless employees by providing fresh coffee and tasty assorted pastries for breakfast.



For lunch the City Hall Café features fresh, homemade cuisine, including sushi, delicious udon noodle soups, and teriyaki chicken, in addition to daily soup specials. Don't forget the fresh sandwiches and salads that are either freshly packaged or made-to-order.

With experience in owning and operating their own restaurant, the staff of the City Hall Café takes pride in their homemade foods and now offers catering service, focusing on small or medium-sized events in your department.

Of course the City Hall Café also has an endless selection of snacks, beverages, and even ice cream and frozen treats for hot days. The City Hall Café can be dialed directly at (415) 554-4947 or email them at cityhallcafe@hotmail.com.

North Light Court Café

Under the delightful skylights of the North Light Court, City Hall employees and the public alike can enjoy a delicious meal at the North Light Court Café. Operated by McCall's Catering, the café features a variety of delicious, upscale foods and a wide selection of beverages.



The Odwalla juice drinks are popular with health-conscious employees, but the outstanding specialty sandwiches and salads keep everyone coming back.

The North Light Court Café is also a wonderful meeting place! Many employees and members of the public have met over a cup of coffee or glass of wine and discussed the important issues facing San Francisco City and County.

Due to the freshness and variety of items, the menu at the North Light Court Café changes daily. They are open from 11:00 am until 5:00 pm Monday through Friday. For more information or a current menu, please call McCall's North Light Court Café directly at (415) 554-6111.