



under the dome

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City Hall Building Management
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A City Hall Building Management newsletter created specifically for City employees

Dear City employees who work in City Hall:

Introducing the first year of City Hall Building Management's monthly 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 Reading!

Lesley Giovannelli
Building Services Manager
City Hall Building
Management

We Welcome your Feedback!

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

Building's Bar-B-Que Baron Sponsors Pulled Pork Prizefight



Local legend Michael DeLong, Building Management's resident BBQ aficionado and creator of Smoke Stack Lightning BBQ, held a pulled pork sandwich eating contest on Tuesday, August 2nd. Seven departments in City Hall sent a single representative to determine who has the biggest mouth in the building. Tensions ran high as the contestants took their place at the table and prepared to gorge.

After having recently won first prize in the Alameda County Fair in the BBQ rib competition and third in the jerk chicken competition, Mr. DeLong brought his Bar-b-Que expertise to

the eating arena here in City Hall. Though one might think being in an eating contest would be a grueling, unpleasant experience, these contestants were treated to seven of Michael DeLong's specialty pulled pork sandwiches. To ensure the quality and consistency of these sandwiches, Margaret Tseng, the event's official weigh master, constructed each sandwich to very specific specifications. Each bun was weighed at 1½ oz., filled with 2 oz. of pulled pork, 1 oz. of coleslaw, and 1 oz. of North Carolina Vinaigrette for a total weight of 5½ oz.

City Hall's North Light Court was filled with spectators on that fateful day, all wanting to get a glimpse of this spectacular display of gluttony. Word of this event quickly traveled not only throughout City Hall, but was also covered by local press agencies as well. Contestants included Rick Chan, Boe Hayward, Kelli Jones, Wolfgang Richmond, Dan Saenz, Eric Steinberg, and Joyce Williams. With a blow of the whistle from the referee Corry Mehigan, the contestants began to eat. Five minutes and ten seconds later, Dan Saenz was declared the winner after narrowly defeating Wolfgang Richmond, finishing all seven sandwiches without a second to spare. For his victory, Dan was presented with an original hand made trophy custom built by Mr. DeLong himself, which will remain in his possession of until the following year when he will be forced to defend his title.

Rules of the Contest:

1. Must be 18 years of age and work here in City Hall
2. Each contestant can have one manager present
3. You can use water only
4. Can not disassemble sandwich for easier consumption
5. Can not begin eating before the bell rings
6. First contestant to finish 7 wins
7. Three judges have the final say in who wins
8. All 7 sandwiches will be weighed to ensure equal weight
9. You must remain standing
10. You must hold all food down for one minute
11. All contents on plate must be completely consumed
12. Rules will be read before the contest begins



ART IN CITY HALL

INSIGHTS 2006

an exhibition of works

by artists who are blind or visually impaired

September 11 through November 22, 2006

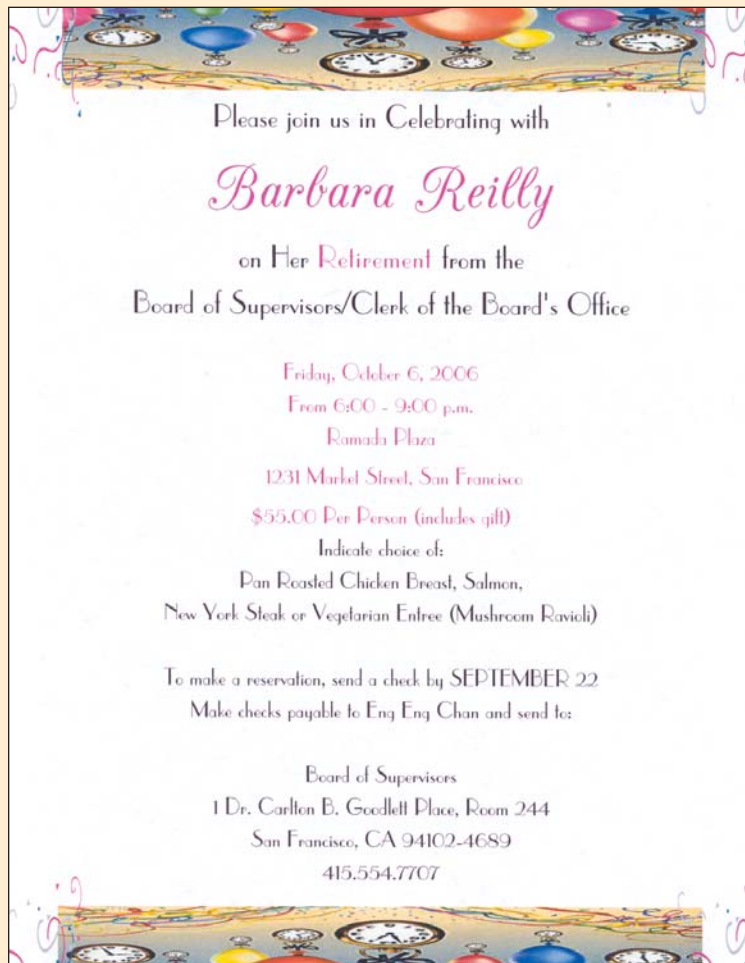
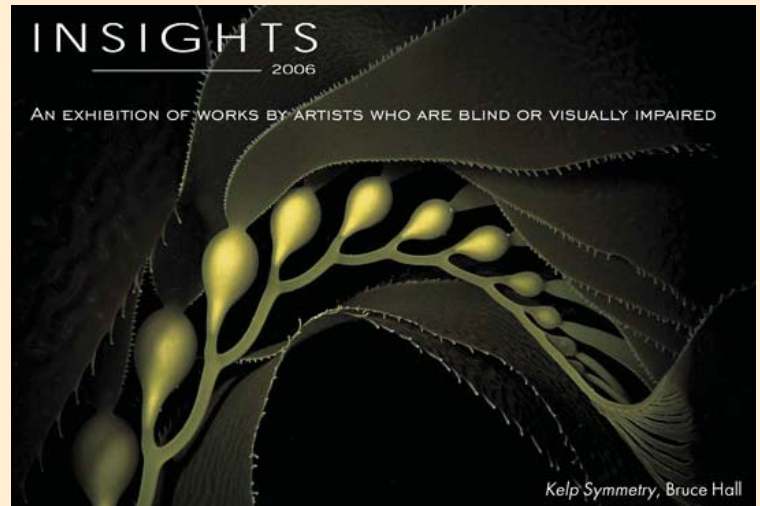
San Francisco Arts Commission Gallery in City Hall

Opening Reception

Tuesday, September 19, 2006

5:30-7:30 p.m.

Experience ground-breaking art by 35 blind and visually impaired artists at Insights 2006! Featuring painting, sculpture, photography and mixed media, the exhibition runs from September 11 through November 22 at the San Francisco Arts Commission Gallery in City Hall (1 Dr. Carlton B. Goodlett Place), lower level. An Opening Reception will be held on Tuesday, September 19, from 5:30 to 7:30 p.m., which is free and open to the public. Audio descriptive tours by Antenna Audio are available. For more information,



City Hall Blood Drive

DATE:

Wednesday, September 13, 2006

START TIME:

10:00 AM

END TIME:

2:00 PM

WHERE:

San Francisco City Hall

Donor Coach outside of City Hall on Grove/Van Ness Ave.

Questions?

If you have any questions about the City Hall blood drive, please contact:

Patti Carlise at 554-6683
or patti.carlisi@sfgov.org

Preventing Heat Related Illness

The summer season is upon us and it's time to think about preventing dehydration and heat-related illness. Did you know that about 318 Americans die every year of heat-related illnesses, according to the Centers for Disease Control (CDC)? The sad fact is that most of these deaths are preventable -- if the victims understood the realities of dehydration and heat-related illness more clearly.

Regular exercise, often done outdoors, is just as important during the hot months of summer as it is during the cooler seasons. Unfortunately outdoor activities often place people at serious risk of dehydration which can lead to other heat-related illnesses including —heat exhaustion—heat stroke—and in severe cases, death. Millions of Americans are at risk for heat-related illnesses; however, the risk is significantly increased for 4 groups of our population.

Those most at risk include:

Children: When summer vacation from school arrives, most children spend a great deal of time outdoors being active. Because children have a larger surface area in relation to body mass, they often gain heat faster than adults when the outside air temperature is higher than body temperature.

Athletes and exercisers: People who spend hours training and competing in the hot summer sun often do not have an adequate intake of fluids to make up for the loss of fluids caused by their activities.

Outdoor workers: Workers such as landscapers, construction crews, police officers, postal employees, and others who spend most of their days in the heat often have little time for bathroom breaks or for drinking fluids, as a result these workers may not consume enough fluids during their workdays.

Elderly people: There is a fine line between how heat affects most adults and how it can affect the elderly in a more profound way. It's extremely important for senior citizens to practice a gradual acclimatization to heat that puts emphasis on hydration.

Is Your Body Acclimatized to Heat?

How many of you think, "I'm used to the heat; it doesn't affect me?" That statement may seem common sense; however, nothing could be further from the truth when it comes to heat-related illness and dehydration. According to Dr. Noel D. Nequin, president of the American Medical Athletic Association, "Being 'used to' the heat or 'acclimatized' is necessary for the body to perform in hot, humid conditions without overheating. But acclimatization increases your need for fluid to match the increase in sweat rate, which puts you at higher risk for dehydration and heat illness."

How does one acclimatize their body to heat? It takes about 10 to 14 days of working or exercising in the heat for your body to adjust or become acclimatized. You should cut down on the intensity of your exercise or activity during these first days. Once your body is heat acclimatized, the amount of sweat you produce, and other total body fluid losses, increases because you sweat sooner and more than before you became acclimatized.

The good news about summer heat is that staying healthy is as easy as becoming educated about your body's need for fluids, and the signs and symptoms of dehydration which can lead to heat-related illnesses such as heat stroke and heat exhaustion.

Drinking for Hydration

The best time to consume fluids is before you are thirsty -- by the time you are thirsty, your body is already dehydrated. It's best to drink on a schedule when it is hot outside. Avoid drinks containing caffeine or alcohol while in the sun or heat. These types of drinks stimulate the production of urine thereby promoting dehydration. The best drinks are water, or one of the many flavored sports drinks that are on the market. According to Dr. Nequin, "Research clearly shows that a properly formulated sports drink like Gatorade combines flavor and sodium to encourage people to drink more than they would when they only have access to water. Sports drinks help to replace some of the electrolytes you lose through sweat and provide carbohydrate energy to working muscles."

Signs and Symptoms of Dehydration

Adults need 17 to 20 ounces of fluid before beginning activity, as well as an additional 7 to 10 ounces every 10 to 20 minutes during activity. Your fluid needs don't stop when your activity is over -- you should consume 24 ounces of fluid within the first two hours after outdoor activity. Children need 4 to 8 ounces of fluid before beginning outdoor activities and 5 to 9 ounces every 20 minutes while they are outside. Once kids return from outside play or activity, they also need to consume 24 ounces of fluids within the first two hours after they stopped their activities.

Did you know? One adult-size gulp of fluid equals one ounce of fluid, and one child-size gulp of fluid equals one-half ounce of fluid.

Signs and Symptoms of Dehydration

Dry lips and tongue.

Headache.

Weakness, dizziness, or extreme fatigue.

Concentrated urine that appears darker than normal.

Nausea.

Muscle cramps.

More Hot Weather Tips

While pouring water over your head might feel good; it does not have any effect on your core body temperature -- make sure you put plenty of water and other fluids into your body.

Always wear light-colored and loose-fitting clothing.

Whenever you get a chance, take a break in the shade.



The History of Labor Day

Labor Day: How it Came About; What it Means

“Labor Day differs in every essential way from the other holidays of the year in any country,” said Samuel Gompers, founder and longtime president of the American Federation of Labor. “All other holidays are in a more or less degree connected with conflicts and battles of man’s prowess over man, of strife and discord for greed and power, of glories achieved by one nation over another. Labor Day...is devoted to no man, living or dead, to no sect, race, or nation.”

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Founder of Labor Day

More than 100 years after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers.



Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was first in suggesting a day to honor those “who from rude nature have delved and carved all the grandeur we behold.”

But Peter McGuire’s place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a “workingmen’s holiday” on that

date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

Labor Day Legislation

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From them developed the movement to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

A Nationwide Holiday

The form that the observance and celebration of Labor Day should take were outlined in the first proposal of the holiday — a street parade to exhibit to the public “the strength and esprit de corps of the trade and labor organizations” of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials are given wide coverage in newspapers, radio, and television.

The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation’s strength, freedom, and leadership — the American worker.

Scene and Heard

What is your favorite vacation getaway?

"On the weekend I like to go backpacking with friends in the Ventana wilderness, east of Big Sur. Sometimes we don't see anyone on the trail until we get back to the car on Sunday evening. It's such a great escape."

Jill Raycroft
Convention Facilities



What are you reading?

"Right now I'm reading the works of Tacitus, a historian from ancient Rome."

Eric Steinberg
City Hall Building Management



What are you listening to?

"These days, I'm typically listening to Kelly Clarkson remixes on 92.7 thanks in large part to co-worker Jimmer Cassiol's radio next to my desk and his refusal to change the station to a more work appropriate one like KOIT 96.5. I miss those slow songs."

Justin Roja
Mayor's Office of Neighborhood Services



Transformations

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



Wandering traveler!



Look out Julliard...



Chubby cheeks!



Ace!

Lesley Giovannelli, City Hall Building Services Manager

Safety Reminder

SUSPICIOUS OBJECTS OR MAIL

Although it is unlikely that employees will come into contact with suspicious objects or mail, it is important to be able to identify hazards and respond appropriately.

WHEN OPENING MAIL AT CITY HALL:

- Handle incoming mail in a designated separate area.
- Examine unopened mail carefully and look for suspicious features.
- Persons who handle mail should wear protective impermeable gloves. Gloves can be discarded in a regular trash can once removed unless a suspicious letter or package is identified.

SUSPICIOUS CRITERIA MAY INCLUDE BUT IS NOT LIMITED TO:

- Excessive postage.
- Handwritten or poorly typed addresses.
- Incorrect titles.
- Title, but no name.
- Misspellings of common words.
- No return address.
- A city or state in the postmark that does not match the return address.
- Protruding wires or aluminum foil.
- Excessive security restrictive endorsements, such as masking tape, string, etc.
- Oily stains, discoloration, odor or residue.
- Lopsided or uneven envelope.
- Articulated threat.
- Excessive weight.
- Ticking sound.
- Powdery substance felt through or appearing on the item.

IF YOU COME INTO CONTACT WITH AN OBJECT OR PIECE OF MAIL YOU BELIEVE TO BE SUSPICIOUS:

DO NOT

- Open the object.
- Shake or empty the contents of the object.
- Move the object, show it to others or allow others to examine it.
- Sniff, touch, taste or look closely at it or any contents that may have spilled from it.
- Use cellular phones or walkie-talkies in the immediate vicinity of the object. (Devices can be set to detonate using these types of wireless signal transmissions.)
- Touch your skin, eyes or other mucous membranes.

DO

- Remain calm.
- Report the suspicious object immediately by calling City Hall Security at 554-7251.
- Wash hands with soap and water to prevent spreading potentially infectious material to face or skin.
- Assist persons including senior citizens and persons with disabilities.

HOW TO REPORT A SUSPICIOUS OBJECT OR PIECE OF MAIL AT CITY HALL

- Contact City Hall Security immediately by calling 554-7251.
- Speak calmly and slowly.
- Provide your full name.
- Provide the telephone extension that you are calling from.
- Provide the location of the suspicious object, including the floor and room number if possible.
- Provide a brief description of the suspicious object.
- Stay on the phone with City Hall Security until instructed to do otherwise.

TO REPORT AN EMERGENCY:

CALL 911 THEN CALL CITY HALL SECURITY AT 554-7251.