



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 Tenants:

The feedback that we have received for publishing “Under the Dome”, the monthly Building Management Newsletter here at City Hall has been tremendous. Many people have written to us about how they anxiously await the new version every month! These comments are so great to hear, so for that we thank you.

As we continue to expand and improve the “Under the Dome” content and mission, I would like to introduce a new facet of the newsletter. Every month will feature a “SHAPE UP” section which will provide tips, direction and ideas to finding success in leading a healthy lifestyle.

Our mission has always been to provide the tenants of City Hall with valuable and interesting information to keep you better informed of your workplace surroundings, supports, and amenities. At this time we are also committing ourselves to assisting in fostering a happy, healthy work environment for the most valuable resource the City has—its employees. While providing you with useful information, we would also like to make this newsletter fun and interactive by providing articles that pertain to everyone. Please feel free to continue to offer us feedback on our publications. Our success depends on your satisfaction!

Regards,

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

The San Francisco International Film Festival

Are you a film buff? Pride yourself on going to obscure theaters and seeing little known independent films from around the world? Even if you just enjoy a foreign film now and then, this year's SFIFF is for you.

The San Francisco International Film Festival celebrates its 50th anniversary this year, the first festival in the Americas to reach this milestone. With a half-century of cinematic excellence bolstering its reputation as a provocative and celebratory showcase for the finest in world cinema, the International will usher in its next 50 years with a characteristically abundant, diverse and rewarding array of films, tributes, parties, panels, performances and one-time-only special events.

SFIFF50 kicks off April 26 and runs through May 10, offering 200 films (108 features and 92 shorts) from 54 countries, including three world premieres, two international premieres, 11 North American premieres, five U.S. premieres and 40 West Coast premieres. That's a lot of premieres.

The Festival continues to expand its geographic and programmatic footprint with Satellites, a series of special events taking place at



nontraditional venues. Events include Ken McMullen's **Arrows of Time**, a live-cinema presentation at the McBean Theater; Décio Matos Jr.'s **Fabricating Tom Zé**, a head-bopping documentary on the great Brazilian musician screening outdoors at El Rio; Rob Nilsson@Eye Candy, for which scenes from the Bay Area director's films will be projected on a giant outdoor screen at Justin Herman Plaza; Jon Else's **Wonders Are Many**, about the making of **Doctor Atomic** for the San Francisco Opera, screening at Intersection for the Arts. Finally, for Halou, Tarentel and the GreenWorld, beloved local bands Halou and Tarentel take the stage at Mighty for contrasting and intense multimedia performances that merge electronic and psychedelic music with dreamy visuals. Videos made by the winner and finalists of the GreenWorld Contest of online video shorts will be screened as well.



New 311 Customer Service Number Now Available 24-7!

311 customer service number replaces existing 2,300 telephone numbers to access city services.

Free 311 service available 24 hours a day, 365 days per year, in over 145 languages.

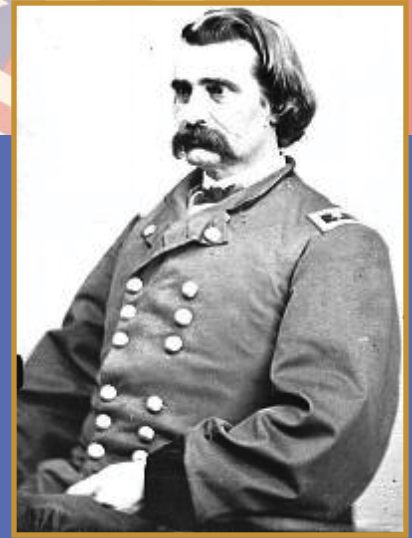
 **311** SAN FRANCISCO AT YOUR SERVICE

Memorial Day

With origins dating back as early as 1864, Memorial Day began its existence as Decoration Day. On May 5th, 1868 a veterans organization known as the Grand Army of the Republic, established Decoration Day as a time to decorate the graves of fallen soldiers from the Civil War. Major General John A. Logan, a member of this organization, declared that May 30th should be observed as Decoration Day.

While there are many states and cities that claim to be the first to celebrate what came to be known as Memorial Day, it wasn't until 1966 that Congress and then President Lyndon Johnson declared Waterloo, N.Y., the official "birthplace" of Memorial Day. It was here that on May 5th, 1866, the local veterans who had fought in the Civil War were honored for courage and sacrifice on the battlefield. Businesses closed and flags were flown at half mast. While similar celebrations had been held in other locations prior to Waterloo, historians felt that they were not community-based events, or were only one-time occurrences.

By the end of the 19th century, Memorial Day celebrations were being held across the nation. Many states were passing legislature to designate May 30th as an official state holiday, and even the Army and Navy had adopted regulations regarding the holiday's observance. However, it took World War I to show the Nation that the meaning and importance of the holiday should be enhanced to what it is today, a day to honor those who fought and died in all American wars. In 1977, Congress made Memorial Day a national holiday and placed it on the last Monday of May.



Major General John A. Logan

The 2007 ING Bay to Breakers is coming!

95 Years and counting....

You don't have to be a serious runner to get excited about the annual Bay to Breakers 12k run, which takes place Sunday, May 20th. As the 96th running of this eclectic San Francisco tradition draws near, families, friends, and groups of all kinds are gearing up for this wonderful celebration of the life and spirit of San Francisco.



Chronicle / Eric Luse

Originally known as the "Cross City Race", the Bay to Breakers was first run in 1912 with fewer than 200 participants. Fast forward to 1986, and the race swells to an all-time high of 110,000! This is a great opportunity to act on the Mayor's "Shape Up" initiative, while having fun and meeting new friends along the way.



Festivities kick off on Friday & Saturday, May 18th & 19th, with the ING Greater Body Expo at the Bill Graham Civic Auditorium, showcasing some of the latest health and fitness trends.

ING Footstock is a free, post-race festival at the Polo Grounds in Golden Gate Park, featuring a live concert, food & beverage booths, and games.

This year's beneficiaries include the Leukemia & Lymphoma Society, Washington High School, Lowell High School, Alpha Phi Omega from Cal State East Bay, Redwood City PAL, and the San Francisco Elks Club.

For registration and other pertinent information, visit the website at www.ingbaytobreakers.com/main.html.

Walk – Run – Have Fun!

ART IN CITY HALL

San Francisco Arts Commission Gallery and PhotoAlliance presents Lens On Life:

Ananias Léki Dago, Bayeté Ross Smith and Lewis Watts

Exhibition: April 20 – June 22, 2007

Reception: May 23, 5:30 – 7:30pm

City Hall Hours: Mon – Fri, 8am – 8pm

The San Francisco Arts Commission Gallery, in a programmatic partnership with PhotoAlliance, presents Lens On Life; an exhibition featuring three artists involved in an exploration of place and identity from both African and African American perspectives. This special exhibition is supported by the San Francisco International Arts Festival and the Museum of the African Diaspora.

For more information, please visit the San Francisco Arts Commission Gallery website at www.sfacgallery.org.



Photo by Ananias Léki Dago.

Art at City Hall is presented by the San Francisco Arts Commission Gallery, a program of the San Francisco Arts Commission, and is funded by the Grants for the Arts program of the San Francisco Hotel Tax Fund.



Waste reduction tips:

- Review drafts electronically, decrease margin sizes, and consider whether you need to print the document.
- Always make double-sided print outs and copies whenever possible.
- Use old one-sided paper or used envelopes for scratch paper.
- Bring your own mug or coffee and take out container instead of using disposables.



The 2007 Baseball Season is in full swing! We caught up with Ken Nim, Contract Compliance Officer for CityBuild, Office of Economic and Workforce Development, and asked him a few questions about his baseball memories...

3 Baseball Questions

With Ken Nim

1) What is your favorite Giants game memory?

My most memorable moment was when my brother and I took my mom to the game for the first time. She didn't understand what was going on, but enjoyed it. We won and I got a call to interview for my current position while I was at the game.






2) What makes a game at AT&T park a memorable one?

What makes a game memorable are the people you're with at the game.

3) Who or what got you interested in baseball?

I've always enjoyed playing sports and liked hitting things when I was a kid. The event that got me really into baseball and the Giants was the Bay Bridge Series against the A's. My brother and friends were big fans of the A's. To go against them, I cheered for the Giants.

Giants Home Games May/June

5/1 – 5/2		6/8 – 6/10	
5/3 – 5/6		6/11 – 6/13	
5/7 – 5/9		6/22 – 6/24	
5/21 – 5/23		6/25 – 6/27	
5/25 – 5/27		6/29 – 7/1	

Visit the Giants website at sfgiants.com for more information!

Scene and Heard



“What is your favorite view of San Francisco?”

“From the Marin Headlands, you have a beautiful view of the Golden Gate Bridge, the city, and the bay”

Monica Giese
Building Management Assistant



“How would you describe your dream vacation?”

“My dream vacation would consist of me enjoying the sweet, tropical breeze of Thailand! Mainly lounging on the beach, interacting with the natives, while drinking piña coladas and swimming in the ocean.”

Janeshia Adams-Ginyard
Department of the Environment



EVENTS

WHAT'S HAPPENING

In the City?



Sign Regulations

May 14

Time: 8:35 AM - 9:30 AM

Location: 1660 Mission Street, 2nd Floor, Room 2001

Description: Details of commercial sign requirements, including permits, structural issues, electric signs and Planning issues.

For More Information: Laurence Kornfield, 558-6244

Category: Class/Workshop

Brown Bag Lunch Talks - Improving Energy Efficiency in Your Home

May 17

Time: Noon - 1:30 PM

Location: Program will be held in the Main Library, Room L58B (near the basement café)

Description: The Department of Building Inspection welcomes you to attend a series of informal, general information talks presented at no charge to the public and City staff. Bring your lunch; coffee and other drinks will be provided.

For More Information: Emilie Green (415) 558-6205

Category: Class/Workshop

Memorial Day

May 28

Description: City Holiday

Animal Disaster Preparedness Volunteer Training Session 3

May 31

Time: 6:30 PM - 8:00 PM

Location: San Francisco SPCA, 2500 16th Street, 94103

Description: The SF Disaster Preparedness Coalition for Animals (SFDPCA), includes the SF Animal Care & Control, PAWS, Pets Unlimited, SF Veterinary Medical Assoc, SFSPCA and Vet SOS, invites members of the public to attend three free mandatory volunteer training sessions. Participants will learn how to protect their own pets and assist with the care of the community's pets in the event of an emergency or disaster.

For More Information: More Information: Email: publicrelations@sfsPCA.org; or call: 415-554-3050

Category: Class/Workshop

Rabies Vaccine Clinic

June 3

Time: 10:00 AM - 1:00 PM

Location: 1200 15th Street (at Harrison)

Description: Animal Care and Control & SF Veterinary Medical Association co-sponsors Rabies Vaccine Clinic. \$5 per vaccine (cash only). Vaccination certificates will be issued. Dogs over 4 months old and cats over 3 months old. Pets should be properly leashed or in a carrier, please.

For More Information: Call your veterinarian.

Category: Community Event

Free Microchipping Clinic

June 10

Time: 1:00 PM - 4:00 PM

Location: 1200 15th Street (at Harrison)

Description: Friends of SF Animal Care and Control sponsors FREE to San Francisco residents microchipping for your pets. A \$15 charge for nonresidents. No appointment necessary. Pets should be properly leashed or in a carrier, please.

For More Information: 822-5566

Category: Community Event

Determining and Posting Occupant Loads

June 11

Time: 8:35 AM - 9:30 AM

Location: 1660 Mission Street, 2nd Floor, Room 2001

Description: Calculating occupant loads for all occupancies, with particular emphasis on Assembly uses for restaurants, bars and nightclubs. Review of new Fire and Building requirements for uniform posting of Occupant Load signs.

For More Information: Laurence Kornfield, 558-6244

Category: Class/Workshop

Brown Bag Lunch Talks - Glass and Glazing - a Field Trip to a Glass Shop

June 21

Time: Noon - 1:30 PM

Location: Paige Glass Co., 1531 Mission Street (between South Van Ness Avenue and 11th Street)

Description: The Department of Building Inspection welcomes you to attend a series of informal, general information talks presented at no charge to the public and City staff. Bring your lunch; coffee and other drinks will be provided.

For More Information: Emilie Green (415) 558-6205

Category: Class/Workshop



10 Great Reasons to TAKE A BRISK WALK EVERYDAY

Walking can:

- Help control your weight
- Help you avoid cigarette smoking
- Help control your blood pressure
- Increase your HDL (good cholesterol)
- Give you more energy
- Relax you and make you feel less tense
- Tone your muscles and keep your bones strong
- Make you look and feel better
- Aid in appetite control
- Improve your ability to fall asleep quickly and sleep well

Source: American Heart Association's Walking for a Healthy Heart Pamphlet



Tips on Healthy Family Eating

Choosing Foods at Home

- **Aim for five servings of fruits and vegetables each day.** You can gradually build up to this amount. A good goal to try: eat fruit with each meal for a week.
- **Be a good role model for your children—**eat more fruits and vegetables yourself.
- **Reduce fat.** Opt for low-fat substitutes:
 - Low-fat dairy - skim or 1% milk (after age 2)
 - Lean meats and poultry - 95% lean ground beef or turkey; remove visible fat from meat
 - Desserts- angel food cake, low-fat ice cream or frozen yogurt, animal crackers, vanilla wafers, gingersnaps, graham crackers.
- **Eat sugary foods in moderation.** If your child eats a healthy diet, one sweet a day is fine. Do not forbid sweets and desserts.
- **Check ingredients on nutrition labels.** Foods with sugar listed as one of the first three or four ingredients may be high in sugar and should be eaten in moderation.
- **Eat healthy snacks.** Keep healthy foods on-hand for snacks. Good snack ideas include:
 - Fresh fruit • Cereal with low-fat milk • Low-fat cheese with low-fat crackers • Graham crackers with low-fat hot chocolate • Raw vegetables with low-fat dip • Applesauce
- **Wash and cut up fruits and vegetables and keep them in the refrigerator,** along with low-fat dip or salsa. Use a clear container so that the fruits and vegetables can be seen easily.

Sources:

<http://www.eatright.org/ada/files/wellpoint.pdf>
<http://www.brightfutures.org/nutritionfamfact/>

Choosing Foods Outside of Home

- **Think Fresh.** Foods should be freshly prepared all day long. Items prepared ahead and stored under a heat lamp lose nutrients as well as quality. Similarly, salad items that stand exposed to air and light will lose nutrients and quality. Look for a restaurant that prepares your salad from fresh ingredients.
- **Look for menu entrées that are grilled—**it generally means that the food was prepared with little or no added fat.
- **Select colorful fruits and vegetables** like spinach, tomatoes and mandarin oranges. The pigments that give these foods their color also have important health benefits.
- **Enjoy the taste of comfort-food favorites** like fried chicken without the added fat. Just remove the skin and breading before eating.
- **Avoid cleaning your plate if you're satisfied with less.** When given large portions, save half, and take it home for tomorrow's lunch or share the dish with someone else.
- **Ask for ketchup, BBQ sauce, salsa or mustard** instead of mayonnaise for toppings or dipping sauces.

Sources:

http://www.eatright.org/ada/files/0305_Factsheet_Wendys.pdf
http://www.eatright.org/ada/files/1005_YUM_factsheet.pdf

Serve appropriate portions. Over-sized portions often contribute to weight gain. To get an idea of the right portions to serve your child, it might help to visualize the appropriate serving size by comparing it to objects you're familiar with:



Food	Average Serving Size	What it looks like
Meat	2-3 ounces	Deck of cards
Pasta or rice	1/2 cup	Tennis ball or ice cream scoop
Bread	1 slice	Computer disk
Peanut butter	2 tablespoons	Ping pong ball
Vegetables	1/2 cup	Light bulb
Cheese	1 ounce	Four dice