



CIVIC CENTER

CAMPUS CHRONICLE

Volume 1, Issue 3 • October/November/December 2009



A Real Estate Division Property Management newsletter created specifically for City employees

DEAR TENANTS:

It is hard to believe we are fast approaching the holidays and the end of the year so quickly. Welcome to the latest edition of the Civic Center Campus Chronicle. This issue's hot topics focus on the environment and ways each of us can incorporate new green habits in our lifestyles. This issue also includes health tips and information to protect ourselves and our families from the flu.

As the year ends and you begin making room in your house for all of those new holiday gifts, don't forget to bring in your gently used books for City Hall's second annual Book Swap. Last year's inaugural swap was such a success, city employees demonstrated just how fun it can be to reduce, reuse, and recycle.

As always, I'd like to continue to encourage comments and feedback regarding this publication or any building issue of concern that you might have.

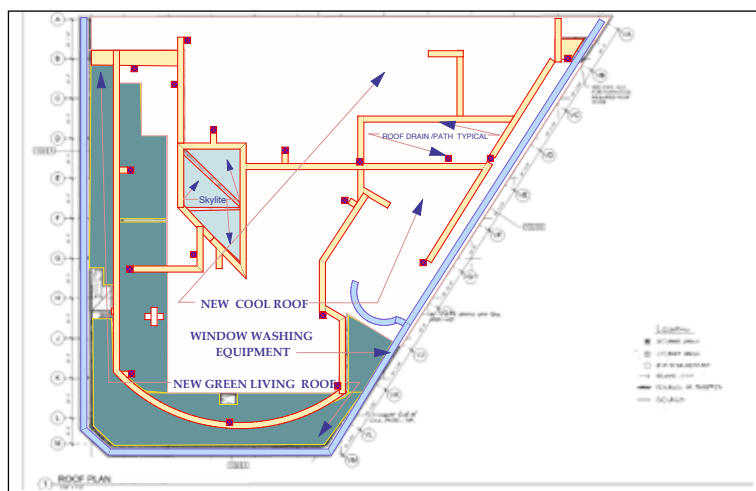
Enjoy, and Happy Fall!

Amy L. Brown

DEPUTY CITY ADMINISTRATOR & DIRECTOR OF REAL ESTATE
CITY AND COUNTY OF SAN FRANCISCO



ONE SOUTH VAN NESS ROOF REPLACEMENT PROJECT COMMENCES



The time has come to say goodbye. The asphalt and stone roof at One South Van Ness, an eight story office building occupied by several City agencies including MTA, 311, DT, DHR, Mayor's Office of Housing, and San Francisco Redevelopment Agency to name a few, has breached its useful life span of 25

years. The leaky roof is in need of replacement and not just any replacement...a state of the art, eco-friendly, innovative, energy efficient and green replacement!

Beginning this month, construction will start to completely transform the existing roof on top of One South Van Ness. Under direction from the City's Real Estate Division, the Bureau of Architecture has designed the roof replacement project to lower the City's carbon footprint. The project will include the entire removal of the existing roof and the installation of both an energy efficient Cool Roof, which is heat rejecting, and a 9,500 square foot Green Roof with vegetation and a rainwater storage/irrigation system.

Western Roofing has been awarded the contract for this operation and Rana Creek, which is a consultant to the Academy of Sciences, will also serve as a consultant for the One South Van Ness green roof.

The project is estimated to be complete by the holiday season and will include its own beehive as a natural support of the flowers!

Stay tuned for pictures and documentation of the project coming to a newsletter near you soon...

We Welcome your Feedback!

City employees can send "Civic Center Campus Chronicle" questions and suggestions to
Lori.Mazzola@sfgov.org 415-554-5702

SHAPE UP:



EXERCISE FACILITIES ARE CLOSER THAN THEY APPEAR!!

We've all used the same excuses. When faced with the idea of exercising, even the most mundane household chores sound more enticing. Everyone, at one time or another, has chosen cleaning the kitchen floor, doing laundry, and reorganizing closets over actually going to the gym!

So why not make the decision to go to the gym as simple as possible by choosing a gym close to work? A wide variety of gyms, training centers, and exercise studios are available in the Civic Center area. You might be an early riser and can squeeze in 30 minutes of cardio before starting at the office. Maybe you can find a yoga class right after work. Or for those needing a mid-day energy boost, a treadmill or elliptical machine awaits nearby for a lunchtime session.

Martial arts, boxing, weightlifting, cardio, swimming, and yoga are all closer than you think. Looking for a simple gym? Try the ShihYu-lang Central YMCA on 220 Golden Gate Avenue. Want a great spin class? Visit Club One Fitness on 535 Mason Street. Need all-hours? Join 24hr Fitness at 1200 Van Ness. Want something a little more cutting edge? Train at the Krav Maga studio on 1455 Bush Street.

If you need more motivation than just close proximity of a gym, ask a friend or a group of coworkers to all join together. Knowing you have to meet a friend at the gym makes getting yourself there all the more easy. City employees in the Civic Center area have so many work-out options, and the above listed locations are just a small handful of great places where we can all Shape Up!



On Friday, September 4, 2009, Mayor Newsom issued Executive Directive 09-04 Influenza Prevention. In compliance with this Directive, Real Estate is purchasing and installing alcohol hand sanitizer dispensers in the elevator lobbies and/or near entrances of building manager or services by the Real Estate Division. Look for new wall mounted or free standing dispensers in your building soon!

TOP TEN TIPS TO PREVENT THE FLU!!

- 1. PRACTICE HEALTHY HABITS EVERYDAY!** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- 2. EXERCISE REGULARLY!** Aerobic exercise speeds up the heart to pump larger quantities of blood; makes you breathe faster to help transfer oxygen from your lungs to your blood; and makes you sweat once your body heats up. These exercises help increase the body's natural virus-killing cells.
- 3. DRINK PLENTY OF FLUIDS!** Water flushes your system, washing out the poisons as it rehydrates you. A typical, healthy adult needs eight 8-ounce glasses of fluids each day.
- 4. AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH!** Germs spread this way.
- 5. GET VACCINATED!** Vaccines can prevent many infectious diseases. You should get some vaccinations in childhood, some as an adult, and some for special situations like pregnancy and travel. Make sure you and your families are up-to-date on your vaccinations. If your regular doctor does not offer the vaccine you need, visit the Adult Immunization and Travel Clinic.
- 6. CLEAN & DISINFECT COMMONLY USED SURFACES!** Germs can live on surfaces. Clean and disinfect your desk, telephone, keyboard, copy machine, fax machine, and common office surfaces often.



- 7. STAY HOME WHEN YOU ARE SICK!!** When you are sick, stay home and rest. You will get well sooner and will not spread germs.
- 8. COVER YOUR COUGH OR SNEEZE!** Cough or sneeze into a tissue or your shirt sleeve-not into your hands. Remember to throw away the tissue and wash your hands.
- 9. USE HAND SANITIZER!** In the absence of soap and water, hand sanitizer with at least 60% alcohol content can be effective.
 - Apply hand sanitizer to both hands.
 - Rub hands covering all surfaces until dry.
 - If your hands dry before 10 seconds you did not use enough. Apply more and repeat.
- 10. WASH YOUR HANDS!** This may sound simple but most people don't take the time wash their hands properly or often enough!
 - Wet hands and apply soap.
 - Rub hands for at least 20 seconds. Scrub all surfaces.

THIS WON'T HURT A BIT!! Flu season is upon us!



The Department of Public Health offers the flu vaccine annually from September through January for all adults and children who wish to be protected from seasonal influenza. Since flu season can begin as early as December, vaccination is recommended before the end of November.

The best thing you can do this season for you, your family, and your co-workers is to stop in at DPH and get a flu shot!

The Flu vaccine is offered daily, during regular business hours on a drop-in basis. No appointment is necessary.

Go to www.sfdcp.org for more information or to find a low cost flu vaccine provider in your neighborhood.

Location: 101 Grove Street #102

Price: \$23 Flu Shot
\$33 Intranasal Flu Vaccine

Time: Monday – Friday
9:00AM to 3:00PM
(walk ins welcome)

Contact: 415-554-2863
www.sfdph.org/aic

• GREEN SCENE •

Celebrate and Give Thanks: All While Being Green

Thanksgiving Day is an American holiday loaded with tradition, so why not start a new tradition in your family by making Thanksgiving an eco-friendly celebration from start to finish?

Here are tips to help you make your holiday celebration eco-friendly. An eco-friendly Thanksgiving will enrich your family's holiday experience, because you will know that you have reduced your impact on the environment. And that's something for which everyone can be thankful. Keep these tips in mind as you prepare for all upcoming holiday celebrations!

Reduce, Reuse, Recycle

- Buy only as much as you need
- choose products that come in packaging that can be recycled
- Carry reusable bags when you do your shopping
- Recycle paper, and all plastic, glass and aluminum containers

Buy and Eat Locally Grown Food

- Locally grown food requires less fuel to reach store shelves
- Locally grown food contributes to your local economy, supporting local farmers as well as local merchants

Make Your Meal Organic

- Organic fruits, vegetables and grains are grown without chemical pesticides and fertilizers
- organic meat is produced without antibiotics and artificial hormones

Celebrate at Home

- Avoid the extra emissions from traveling by plane or car, and plan your celebration at home this year
- reduce global warming and improve air quality by reducing your pollution quotient

Travel Smart

- If you must travel, suggest ride-sharing to reduce the number of cars on the road
- Make sure your car is in good working order and your tires are properly inflated in order to use less fuel and lower emissions



2ND ANNUAL CITY HALL BOOK SWAP

City Hall Building Management will host its second annual Book Swap on Friday, January 29, 2010!

The Book Swap will be open to all City Employees who are interested in making some new friends: particularly Dan Brown, Margaret Atwood, Nicholas Sparks, Pat Conroy, Patricia Cornwell, and Jon Krakauer. Bring your gently used and unwanted books to City Hall so that you can pass along some of your favorite novels to coworkers!

Winter is coming and with it brings chilly weather that makes cozying up next to a warm fire with a fantastic new book so inviting. The Book Swap is the perfect opportunity to build up your library, while cleaning out your closet and saving some money in the process.



Building Management will begin collecting unwanted books during the month of December and will continue through January until the day of the Swap. The Book Swap will take place on Friday, January 29th in the North Light Court. Tickets will be issued to each employee who drops off one or more books. Those tickets will allow early access to the Book Swap so that those who donate books get the first opportunity to peruse and choose from the collected books. Each ticket will be good for one book.

After the ticketed members have a good look at the inventory, from 9AM to 10AM, the Book Swap will be opened to the entire building, from 10AM to 5PM. During this time, the number of books one can choose will be unlimited.

Beginning December 1st, please bring any unwanted books (in good reading condition) to Building Management, Room 8. Book drop-off can be anytime between 8:00AM and 5:00PM, Monday through Friday.

Who knew that reusing, recycling and reducing could be so much fun!

A ZERO WASTE ALL STAR

Straight from SF Environment's Recycling Coordinator Newsletter, we have an "All-Star" amongst us!

Michael Hanson has been very busy lately. With just 16 days to go before the nation's first mandatory composting law goes into effect, the Real Estate Department's Custodial Services Manager wants to make sure that all City employees working in the buildings he helps manage, have equal access to the City's recycling and food scrap composting program. Mike's goal: implement common sense waste reduction programs that are convenient, easy-to-understand and save the City money.

With his leadership, composting and improved recycling programs have been rolled out at such large offices as 1 South Van Ness, City Hall, 30 Van Ness and 875 Stevenson, just to name a few. His combined successes have helped save the City over \$100,000 in annual disposal costs and have increased the landfill diversion rate at certain facilities to as much as 95%. His work at these buildings has become a model for the rest of City government.

Way to go Mike!



MIKE'S MOVIE REVIEW

DISTRICT 9

Few movies adequately capture the complexities and social mores regarding racial inequality, both past and present as *District 9*. Despite the graphic violence and disturbing imagery, this movie truly motivates oneself to look at the world with more compassion and understanding.

Set in present day Johannesburg, South Africa, *District 9* depicts social inequality and racial segregation. This social commentary/action movie has many people buzzing, and for good reason. It's not only exciting, but moving as well.

When a large spacecraft becomes stranded on Earth, hovering just above Johannesburg, its inhabitants become the newest group of "aliens" to inhabit the area. Despite their obvious technological superiority, the general population, called Prawns, seems relatively primitive in nature and almost animalistic. It's as if they were a species of worker drones with no leadership. With no resources they become a population struck by poverty and totally dependant on government support, living in a segregated slum called District 9. Violence and drug use is prevalent, and government treatment of the Prawns is often fatal.

When the people of Johannesburg begin to feel threatened and tire of this new populace, the government decides to relocate the alien population out of the city to assuage the people. The military begins to evict the residents of District 9. This process proves brutal and deadly to both sides. During this relocation, the main character, Wikus, is exposed to an extremely powerful fuel being created by the missing leader of the Prawn. The result is extreme, and his body begins to transform, slowly changing him into one of the Prawns on a biological level.

It's at this point that the government takes an interest in him. The technology that these aliens have brought to Earth is based on the biology of the Prawns themselves. As such, humans are unable to use any of it, including their weaponry. When Wikus becomes infected, he gains the genetic makeup necessary to use this technology, and is condemned to experimentation and study in hopes of reproducing this capability.

Fear, hatred, and a lack of understanding reverberate throughout the film, and though present in Wikus, we see not only his physical transformation, but the transformation of his attitudes and feelings. He begins to sympathize with them and for their plight and sees them as living beings and not just animals. Between the action sequences, the social commentary, and the bits of comedy thrown in, *District 9* is destined to become a cult classic. Both moving and exciting, I highly recommend this movie, but be prepared for some graphic and disturbing imagery.

REMINDER!!

Daylight Saving Time ends at 2 a.m. on Sunday, November 1st. Reset your clocks before going to bed the night before!



SEEN AND HEARD AROUND CAMPUS



Ann Rohrs
Assessment Clerk
Office of the Assessor-Recorder
City Hall

Q: What is your favorite website?

A: Apts Middle School Schoolloop. It sends me daily updates of how my son is doing in school, what his homework is, and if he is turning it in. It makes homework time much easier.

Q: What is the best Halloween costume you ever wore?

A: I was a California Raisin in 1985. It was the greatest costume.

Q: What is your favorite part of Thanksgiving Dinner?

A: My favorite part is after we eat dinner and before dessert, we take a walk around the block and talk and laugh and sing Christmas Carols.



Ian Fernando
Contract Compliance Officer
CityBuild, Office of Economic and
Workforce Development 50 Van Ness

Q: Who do you like better, Jay Leno or David Letterman?

A: David Letterman, because he is not afraid to ask guests tough questions. However, I like the new kid, Jimmy Fallon.

Q: What is the best Halloween costume you ever wore?

A: In the 5th grade I was Joe Montana. Had candy for weeks!

Q: What is your favorite part of Thanksgiving Dinner?

A: Family, friends, and pumpkin pie.



Janan Howell-Cordero
CityBuild Employment Liaison
Office of Economic and
Workforce Development 50 Van Ness Ave

Q: Do you think Ellen will be a better American Idol judge than Paula?

A: Definitely, Ellen will bring more humor to the show and has her own dance moves.

Q: What is the best Halloween costume you ever wore?

A: A 1970's glitter jumpsuit (with matching platform shoes), I was such a disco diva!

Q: What is your favorite part of Thanksgiving Dinner?

A: Spending quality time with the family and enjoying the feast, of course!

TREE OF HOPE



Mayor Gavin Newsom, Jennifer Siebel Newsom and Rainbow World Fund Invite You To Make A Wish and Come To A Party!

This December at San Francisco's City Hall, thousands of origami cranes inscribed with your wishes for the future of the world will grace the 4th annual holiday **Tree of Hope**. The Tree of Hope is created by Rainbow World Fund (RWF), an international humanitarian aid charity based in the lesbian, gay, bisexual, transgender and friends community. Since 2000, RWF has been helping people who suffer from hunger, poverty, disease, oppression, war and natural disaster. RWF provides a platform and a united voice for LGBT compassion and concern to be seen and heard throughout the world.

The Tree of Hope is a global holiday project promoting peace, love and humanitarianism for San Francisco and for all people on earth. This project taps into our two most powerful resources - the human mind and heart - to give individuals a way to join together to express our dreams for the future of our global community.

Your help is needed! Join RWF as it gathers wishes and hopes for the future of our global community and gives them wings. Visit <http://www.rainbowfund.org/wish> to send your wish and to be part of this global art project.

Admission is free to join the tree lighting celebration, Wednesday, December 2nd, at the City Hall Rotunda. A concert by the San Francisco Boys Chorus will begin at 5:30 pm, followed by the tree lighting ceremony at 6:00pm and a party until 8:00pm.

The Tree of Hope will be on display from December 1, 2009 to January 2, 2010.

Visit <http://www.rainbowfund.org> to learn how you can make the wishes of children in need around the world come true.



WONDERLAND



The exhibition *Wonderland* is a large, multi-sited event born of, and responding to the rich diversities of San Francisco's Tenderloin district. The tenor of this project is truly unique, and will call upon the collaborative efforts

of the neighborhood's residents, city organizations, like the North of Market Community Benefit District the exhibition's sponsor, and a large number of cutting edge artist teams from the Bay Area and around the world. As in his previous internationally recognized projects, the exhibition's curator, Lance Fung is dedicated to the ideas of collaboration, community and social engagement as a means of bringing the highest level of contemporary art to audiences from all walks of life.

The exhibit opens on October 17th and will run through November 15th 2009. For more details please visit <http://www.wonderlandshow.org>.



Help HIV Research

Do you work in the Civic Center Area? Be part of the groundbreaking health research of the San Francisco Department of Public Health! DPH is seeking healthy, low-risk, HIV-negative dark-haired men and women to be part of an important study that will measure levels of an HIV drug in hair. The Strand Study will see whether hair can be used as a tool for accurately measuring how often people take their pills. This tool will be very useful for related research on whether HIV negative people can take the HIV drug to reduce their risk for HIV infection.

Participation involves taking the study pill at brief visits at DPH's offices at 25 Van Ness and having regular check-ups. Volunteers will be compensated up to \$1,300 for complete study participation. For more information about helping with this important health research, contact the Strand Study at **(415) 503-2163** or strand@sfdph.org.



ART IN CITY HALL

Insights 2009

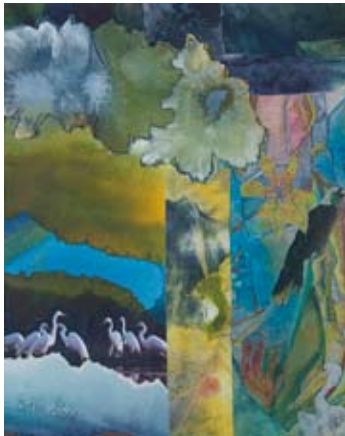
Juried Exhibition of Works by Artists Who are Blind or Visually Impaired

Dates: October 5 - December 11, 2009

Location: Ground Floor of City Hall

Hours: Monday – Friday, 8am – 8pm, Free

Public Reception: Thursday, October 15, 5:30pm – 7:30pm



This year, Insights celebrates its 20th year of showcasing the works of artists who are blind or visually impaired. This international juried exhibition is presented by the San Francisco Arts Commission Gallery's Art at City Hall program and the LightHouse for the Blind and Visually Impaired. Insights 2009 features 118 works in a variety of media by 38 artists, and offers a free audio tour. Audio

tour voice-over is provided by local celebrities like Harry Denton of the Starlight Room, Mattin Noblia of Top Chef Season 6 and District 4 Supervisor Carmen Chu.

The LightHouse provides the free audio tour each year as part of its commitment to making the arts accessible to individuals with vision loss. In addition to descriptive audio, Braille and large print versions of all Insights materials, including the show's catalog are available. Signage at the exhibition is overlaid in Braille, and nearly one-fourth of the works are touchable.

Jurors

Joyce Gordon, owner of Joyce Gordon Gallery in Oakland. Ketra Oberlander, founder of Art of Possibility, LLC. Larry Rinder, Director of the Berkeley Art Museum

Artists

Mari Cardenas, George A. Covington, Martha B. Cowden, Anabella Denisoff, Virginia Knepper Doyle, Rachel Dora Ann Fisher, Alison Fortney, Christy Graham, Chaz A. Griffin, Charles Grover, Susan Joy Gustafson, Bruce P. Hall, Kathy Hazard, Maarit Hedman, Passle Helminski, Bobby Hightower, Tara Arlene Innmon, Lynn Kelleher, Lacey King, Susan Kitazawa, Laura Landry, Michael LeVell, Richard Mickley, Amy L. Monthei, Kay Pratt, Nicole Rubio, Romaine Samworth, Matthew Schreiber, Juanita Slater, Tamar Solomon, Marilee Talkington, Ahmet Ustunel, Kurt Weston, Dmitry Yanushkevich, Esther Zabin

Featured Artists:

Charles Curtis Blackwell, Quin Graddy, Bobbie Gray

Christina Seely: Lux Large-scale banners in City Hall

Dates: November 2009 continuing through 2010

Location: City Hall North Light Court

Hours: Monday – Friday, 8am – 8pm, Free

The San Francisco Arts Commission Gallery is pleased to present *Lux*, an exhibition of contemporary photography by San Francisco-based artist Christina Seely as part of an ongoing Art at City Hall program. This installation of large-scale photographic banners in City Hall's North Light Court features portraits of cities within the most brightly illuminated regions on the NASA map of the night earth. Hauntingly beautiful yet achingly poignant, this project is inspired by the disconnect between the immense beauty produced by man-made light and the complexity of what this light represents.

Engaged in both art and environmental circles, Seely employs her *Lux* series to portray an ironic tension created by human dominance over the planet. The SFAC Gallery wishes to create a platform for this visual eco-conversation, utilizing *Lux* as the impetus from which to engage the City in a public dialogue around global warming and energy consumption.

"In a time when it is argued that no aspect of nature is unaffected by human impact, my work reflects on a lifestyle that fosters an intense need to dominate and control nature while existing in an increasingly delicate balance with it's resources and rhythms. I am interested in the dialectic between the surface documentation of a photograph and the complex reality that lies beyond that surface – how beauty can suggest the simple and ideal while both subtly reflecting and obscuring an often darker more complicated truth."
– Christina Seely

This exhibition is supported by the San Francisco Arts Commission & the Public Utilities Commission.

