



CIVIC CENTER CAMPUS CHRONICLE

Volume 2, Issue 3 • May/June 2010



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

DEAR TENANTS:

Welcome to the latest edition of the *Civic Center Campus Chronicle*. Spring is flying by and, as always, our City offers a variety of reasons to get outside, enjoy the sunshine, and stay active! Now that HSS offers a series of noontime exercise classes in Civic Center buildings, you don't even need to leave your workplace, or the Civic Center Area, to get in shape!

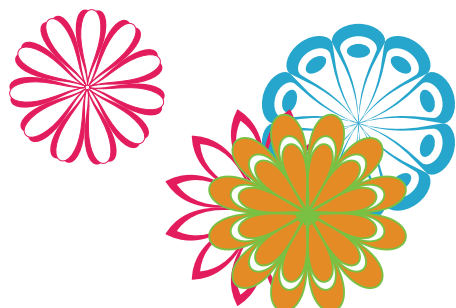
This issue includes information on many fun ways to participate in City activities, keep fit, and continue to make healthy and "green" choices everyday! You will also find information on opportunities to give back by donating blood and learning CPR.

Please continue to send comments and feedback regarding the newsletter or any building issue of concern.

Don't forget to Vote on June 8th!

Amy L. Brown

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



Buddha, Three Heads Six Arms



The San Francisco Arts Commission will install *Three Heads Six Arms* (2008) in Joseph L. Alioto Performing Arts Piazza on May 12, 2010. This colossal sculpture by world renowned Chinese artist Zhang Huan will grace San Francisco's Civic Center as part of the Shanghai San Francisco Sister City 30th Anniversary Celebration.

Standing over 26 feet tall and weighing almost 15 tons, the copper sculpture is the artist's largest work to date. *Three Heads Six Arms* is part of an important series of monumental works depicting Buddha arms, legs, feet, hands and heads that was inspired by the artist's experience seeing remnants of religious sculptures that had been destroyed during the Cultural Revolution for sale in a Tibetan market. Zhang, who is based in Shanghai, is widely regarded as one of the most influential and provocative contemporary artists working today. *Three Heads Six Arms*, courtesy of the artist and PaceWildenstein gallery, New York, will be on loan for six months or longer. The artist chose San Francisco as the ideal setting to debut his sculpture, in part because of the long-standing history being honored between Shanghai and San Francisco during this year's Sister City Celebration.

"We are honored to have an artist of Zhang Huan's stature participate in the Shanghai Sister City Celebration," said Mayor Gavin Newsom. "I applaud the San Francisco Arts Commission for their success in bringing this spectacular sculpture to San Francisco as it represents one of the most important cultural exchanges between the sister cities to date."

"It is a tremendous honor and a privilege to have the opportunity to bring such an incredible work by one of the world's most important artists to the heart of San Francisco," said Luis R. Cancel. "We look forward to announcing the unveiling of Zhang Huan's sculpture and to boosting cultural tourism in the City. We anticipate that locals and tourists alike will flock to the Civic Center to experience the grandeur of this masterpiece firsthand."

SFAC Public Art website: www.sfartscommission.org/pubartcollection

We Welcome your Feedback!

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



LUNCHTIME WORK OUTS!

Staying in Shape Around Campus!

Every day at noon, SF's Health Service System offers movement classes at 1 South Van Ness, 1145 Market, and the North Light Court in City Hall. Classes can be taken by all city employees, retirees, and the public. Employees pay \$2.00. Bring your water and a towel, get some exercise, and have a blast. You can experience something different everyday!

Monday: Conscious Stretching invigorates the entire body through stretching

Tuesday: Qigong promotes physical and emotional well-being

Wednesday: Yoga a joyful , mindful yoga for every body type

Thursday: Core Strength Pilates learn to strengthen and use abdominal and back muscles in a balanced way

Friday: Zumba: Easy dance moves to Latin music for lots of fun and energy

These classes are fun, motivating, and very popular. They provide a great energy boost to get you through your workday. For more information on classes or to pre-register, **visit www.myhss.org**.



May 16, 2010

Top 10 Reasons from "99 Reasons to Register"

1. I want to be a part of San Francisco history.
2. It's one of the few times when I can wear a cape in public and not be judged.
3. It's a family tradition.
4. I want to wave to the buffalo.
5. It's on my bucket list.
6. It's how my mom and I celebrate Mother's Day.
7. To do something I thought I'd never be able to do.
8. I love the people watching.
9. To find my long lost true love.
10. I want to be part of a 99-year-old tradition.

(to see the other 89 Reasons to Register... and for more information... visit **www.ingbaytobreakers.com**)

NORTH LIGHT NOON ENERGY BOOST

Energize and de-stress

Treat yourself to a restorative hour of movement

Weekdays 12:00PM to 1:00PM

San Francisco City Hall North Light Court

\$2 for each class session

MONDAY
Conscious
Stretching

TUESDAY
Heavenly
Essence Qigong

WEDNESDAY
Yoga of
Devotion

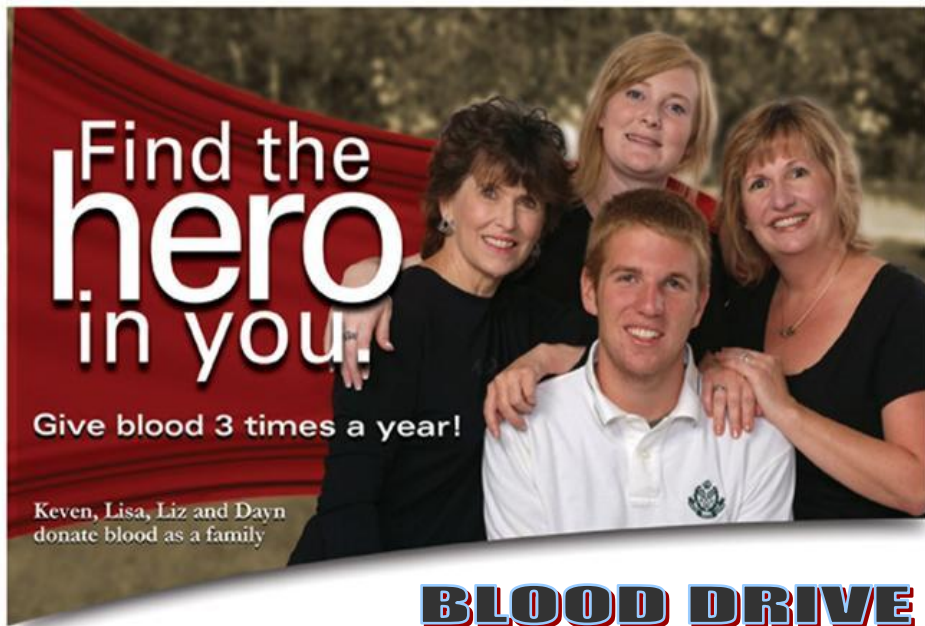
THURSDAY
Core Strength
Pilates

FRIDAY
Latin Dance
Zumba

Drop-in or pre-register online at myhss.org

Health Service System
CITY & COUNTY OF SAN FRANCISCO

MYHSS.ORG



City Hall - SF

Thursday, May 13, 2010

10:00 AM - 3:00 PM

Donor Coach on Grove Street

Please register online at www.bloodheroes.com

Click on "Donate Blood" & enter Sponsor Code: **CityHallSF**

Or contact **Joanne Alwine** at 415-749-6633 or jalwine@bloodcenters.org

Donate Blood, Get Points, Get Stuff!

DVD's, CD's, Video Games, Movie Tickets, Ice Cream

Additionally, when you Make & Keep an Appointment,

You earn 100 extra points!



Blood Centers of the Pacific

Please bring photo ID and donor card. Free Cholesterol Testing every donation!



Save the Life of Someone you LOVE! FREE CPR TRAINING!

National CPR & AED Awareness Week!

CPR turns 50 this year!

Help Celebrate a Half-Century of Saving Lives!

Don't Just Stand There!



Join the San Francisco Paramedic Association, the City & County of San Francisco, the American Heart Association's Heart Safe City & ECC Task Forces and the Sudden Cardiac Arrest Association in improving the survival rate from cardiac arrest by participating in:

Sidewalk CPR at City Hall

Tuesday, June 1, 2010

Press Conference 10 a.m., City Hall steps

FREE CPR Training

11 a.m. to 1 p.m., Civic Center Plaza

For info or to Register: www.sfparamedics.org

Learn CPR for Adult, Child & Infant, AED and Choke Saving!

Sudden Cardiac Arrest can strike **ANYONE** - when it does a victim's survival depends on bystanders rising to the occasion! When provided immediately, CPR can *double* even *triple* the chance of survival. **Be prepared** - learn how to save the life of a loved one!



KFOG KABOOM!!!

May 22, 2010
Lot @ Candlestick Park
Parking Lot opens @ 1pm,
Event Gates open @ 3pm
Fireworks will start just after 9pm

KFOG KaBoom is heading down the road a few miles to its new home at the Lot @ Candlestick Park, a site that's hosted many good times in years past, from MLB All-Star Games and World Series to NFC Championship Games and even the final live concert by The Beatles.

This year's KaBoom concert features Foghead favorites Melissa Etheridge and John Butler Trio rocking the KaBoom Stage, followed by the true star of the show - the KFOG KaBoom fireworks - synchronized to a World Class Rock soundtrack. New attractions have been added to the show, including expanded children's entertainment, local music, and wine tasting hosted by Wente Vineyards.

For ticket sales, parking and transit information, visit **www.kfog.com**.

THANKING YOUR MOTHER

MOTHER'S DAY IS MAY 9TH



Mother's Day is a special day for honoring mothers throughout the world. Mother's Day holds great significance for all of us. This Mother's Day is the perfect opportunity to thank your mother for everything that she does for you.

Mother's Day is a day to remember and appreciate that special person in our lives, without whom we would not be who we are today; a day to prove that all of her efforts toward raising us have been worthwhile.

The place that a mother holds in a child's heart is the same all around the world. 'Mom', 'Maa', 'Mae', or 'Haha'; the words might be different in different languages but they all signify the same unconditional care, concern, and love. Here are some of the ways we say "MOTHER'S DAY" around the world:

Chinese: 母親節
 Czech: Den Matek
 Danish: Mors dag
 French: (La) Fête des mères
 German: Muttertag
 Hindi: Matri Divas
 Indonesian: Hari Ibu
 Irish: Lá na Máithreacha
 Italian: (La) Festa della mamma
 Japanese: 母の日
 (Haha no Hi)

Korean: Eomeoni-nal or
 Ōmōni-nal
 Persian: Rouz-e Maadar
 Polish: Dzień Matki
 Portuguese: Dia da Mãe
 Romanian: Ziua mamei
 Slovenian: Materinski dan
 Spanish: Día de la Madre
 Swedish: Mors dag
 Tagalog: Araw ng mga Ina/Nanay
 Vietnamese: Ngày của Mẹ

SEEN AND HEARD



Kurt Botn
 Assessor/Recorder's Office
 City Hall

Q: What is your favorite website?

A: ESPN.com

Q: What is your best green tip?

A: Reduce, Reuse and Recycle

Q: Who do you think will win "American Idol"?

A: Tommy's Joint



Erica Tirado
 Environmental Aide - Education
 Department of the Environment
 11 Grove Street

Q: What is your current Facebook status?

A: "There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." -Albert Einstein

Q: What is your best "green" tip?

A: If you don't think you need it don't get it. Reduce. Easier said than done.

Q: Who do you think will win "American Idol"?

A: I think Crystal Bowersox will win, but I want Lee Dewyze to win.



Cierra Lockwood
 Event Coordinator
 San Francisco City Hall

Q: What is your favorite lunch spot in the Civic Center Area?

A: Cafe Ramind at 448 Larkin St. between Golden Gate Ave. and Turk St. Their Hawaiian BBQ food is a delicious treat.

Q: What is your best "green" tip?

A: Use reusable containers when you pack your lunch and for your morning commute cup of coffee.

Q: What is your favorite television show?

A: Dexter on Showtime. I can't wait for the new season to start.

• GREEN SCENE •

SF environment makes it easy to buy green

SF Environment now has the SF APPROVED LIST of green products that City Departments are required to use for ordering office products and supplies. This list makes it easy for City workers to find green office products that work great, save money, and are better for the environment.

Just visit sfenvironment.org/sfapproved to buy green and get:

- Invites to give feedback on what you'd like to buy in citywide term contracts.
- A consultation on how SFE can help you buy green & dispose of toxic products.
- An email when the new, user-friendly SF Approved website is ready.

The **SF Approved List** can help you:

- Buy green and reduce the amount of harmful chemicals in our bodies.
- Save money.
- Stand out as a leader in the City's list of champions that buy the most green products.
- Earn credits for US Green Building Council's LEED certification.

It is your one-stop shop for:

- Over 1,000 products that worked well for people like you.
- Citywide term contracts.
- City-approved vendors.

City Depts. are Required to use the SF Approved List when buying:

- Automotive Equipment & Supplies
- Automotive Vehicles
- Batteries
- Computer Equipment
- Foodware
- Fuel, Lubricants, Oil



- Furniture
- Janitorial Chemicals
- Janitorial Papers
- Janitorial Supplies
- Lighting (bulbs/lamps, ballasts, fixtures)
- Office Paper (Copier & Bond)
- Office Supplies
- Pest Management
- Water Dispensers
- Wood



Check out these green products that are Suggested for City Depts:

- Automotive Equipment & Supplies
- Batteries- hybrid rechargeables that last one year between charges
- Electrical Contact Cleaners
- Food
- HVAC Cleaners
- Janitorial Equipment
- Janitorial Services
- Landscaping Products
- Moving Services & Boxes
- Office Supplies
- Paint/Graffiti Removers
- Paint Thinners
- Paints
- Toner Cartridges

Rocket Air Keyboard Duster



- \$9.95 Just uses air.
- Reusable

Can Replace Canned Dusters



- \$9.99
- Contains greenhouse gases that contribute to climate change
- Not reusable

City College, SF Unified School District, SF General & Laguna Honda Hospitals are not required, but are encouraged to use the SF Approved List.

Get Free Bins & Posters to Recycle Almost Everything

Wonder what to do your department's unwanted appliances, automotive products, batteries, chemicals, electronics, furniture, lighting, metal, office supplies, and paints?

Visit sfenvironment.org/sfgovrecycles to find out and to order free bins or posters.

WHAT DO I DO WITH...

Used Toner and Printer Cartridges?

You see them everywhere...plastic bottles of empty copier toner. They're stashed next to the water cooler, tucked behind a pile of copier paper boxes, or stacked underneath that table in the break room. Used printer cartridges and copier toner containers seem to float around the office taking up space. You know you're not supposed to throw them in the garbage, but you don't know how to get rid of them!

Now here's the answer! Laserlink International Inc., an Emeryville-based company, is San Francisco's contracted toner vendor and will dispose of all your old toner/printer cartridges for FREE! It doesn't even matter which office supply company you originally bought them from! To schedule a pick up, simply call 510-652-8000 or email mylaserlink@yahoo.com and include your name, building address, and amount of toner/printers cartridges. Make sure to mention that you work for the City and County of San Francisco and Laserlink will come to your office for the pick up.

Note for City Hall: Please do not bring the toner/cartridges down to the loading dock until the Laserlink vehicle arrives.

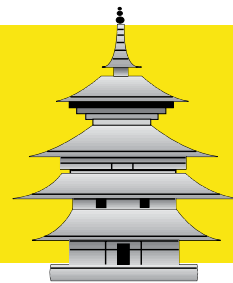




6TH ANNUAL ASIAN HERITAGE STREET CELEBRATION

The largest gathering of Asian Pacific Americans in the nation is back and bigger than ever. The 6th annual Asian Heritage Street Celebration will be held Saturday, May 15, 2010, in San Francisco's Civic Center in front of the Asian Art Museum, leading up to the Little Saigon District, on Larkin Street from Grove Street to Ellis Street.

Presented by California Pacific Medical Center and Subaru, the fair will take place from 11 a.m. to 6 p.m. The event is free and open to the general public. New features include a Mah Jong section, more arts and crafts selection and shopping incentives, wine, and Filipino American Jazz.



The fair also features Asian American artists, DJs, martial arts, today's Asian pop culture, j-cars, a Muay Thai kickboxing ring, scrumptious food, AHSC Best Dance Crew contest, children's area, cultural procession, anime, free hepatitis B screenings and more!

Live performances from: Far*East Movement, Kat OIO (Crown City Rockers), Gen Taiko, Native Elements, Kazha, Animemyu "Sailor Moon", akai SKY, Chung Ngai Dance Troupe, Counterparts, Little Brown Brother and Friends (San Francisco Filipino American Jazz Festival), Planet Infinity's More Than Medals Tae Kwan Do, Chardi Jawani Stanford Bhangra, Mike Nice, Tone Def, JayPlus, Keith O and many more TBA.

For more information, visit www.asianfairsf.com.

60TH ANNUAL SAN FRANCISCO JUNETEENTH FESTIVAL



SAN FRANCISCO JUNETEENTH FESTIVAL

June 19th and 20th
Civic Center Plaza

A festival celebrating African American Freedom while encouraging self development, the SF Juneteenth Festival is a Bay Area event that celebrates and shares African American history and culture through music, performing arts, living history, and other cultural activities. The Civic Center Plaza will be filled with food, arts and crafts, community booths, and corporate sponsor areas. Live Entertainment, Healthy Living Fair, and an Empowerment Fair will take place. All Bay Area residents are encouraged to attend!

<http://sanfranciscojuneteenth.eventbrite.com/>

DON'T FORGET TO VOTE!

