



500 Court Street ~ Martinez, CA 94553

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"The News" for September 2007

District Earns American Heart Association Award



The Contra Costa Community College District is a step ahead when it comes to offering progressive employee wellness programs that encourage making physical activity and healthy nutrition part of our daily lives. That was the message in recognition received September 23 from the American Heart Association.

This workplace has been recognized by the American Heart Association for meeting criteria for employee fitness.

Chancellor Helen Benjamin received a plaque recognizing the District as a Gold Level *Start!* Fit-Friendly Company at the kick-off of the association's 15th annual Heart Walk in Danville.

The District was listed in *The Wall Street Journal* on September 25 along with other recipients of the annual recognition.

"The response has been phenomenal," Benjamin remarked after the ceremony. "Employees throughout the District are showing they value a culture that promotes health and wellness by participating in walking programs, nutrition workshops, and related training opportunities."

The award recognizes companies that contribute to changing attitudes by creating a culture of fitness.



Chancellor Benjamin receives congratulations and a warm handshake from Kaiser Permanente's "Health Heart" mascot.

Two years of walking programs at the colleges and District Office have instilled new habits by encouraging teams and participants to take breaks for fresh air and exercise. The recognition also made note of the District's decision to ensure that healthy snacks are offered in 30 percent of the vending machine choices, as well as its education, training and annual health-risk assessment opportunities.

"Our involvement will continue," said Andrea Gonzalez-Lewis, who is the District's Principal Human Resources Representative in Staff & Organizational Development. "We're encouraging people to take what they have learned home to their everyday, personal lives."

Along with District Office Staff Development Chairperson Pat Kaya, Andrea introduced the Fit-Friendly program to the District Office and Districtwide staff development committees after the chancellor had brought information about it to them last year. Pat and Andrea prepared the recognition application this summer to spread the word about the initiatives undertaken by employees. The American Heart Association provides benefits and new ideas to organizations that have received gold level recognition, in order to further stimulate the culture of physical activity and healthy living.

"We hope to apply for the next tier of recognition, which challenges us to continue to demonstrate leadership in programs that benefit the health and well-being of employees," said Pat.

Start! Fit-Friendly programs are available at the colleges and District Office. Take your first step to learn how you can participate by contacting one of the Districtwide Staff Development representatives listed below:

CCC: **Ellen Geringer**

DVC: **Ted Wieden**

LMC: **Ruth Goodin, Jennifer Victor**

DO: **Andrea Gonzalez-Lewis, Pat Kaya**

District Receives CCCSIG Incentive Funds

The District has received Incentive Funds from the Contra Costa County Schools Insurance Group (CCCSIG) for 2006-07 totaling \$18,240. According to Andrea Gonzalez-Lewis, who manages District Staff and Organizational Development, the money represents a return of 1 percent of the District's workers' compensation premiums.

The money will be used Districtwide in the area of employee health and safety promotion to purchase resource materials—videos, posters, pamphlets, safety references/regulatory manuals, and awards and prizes—and provide ongoing health and safety training programs through workshops, presentations, and training.

The money was earned through completion of the incentive program requirements that include:

- current District Injury and Illness Prevention Program Policy presented to CCCSIG yearly for review;

- CCCSIG 3-hour Health & Safety Summer Workshop made available yearly to Buildings and Grounds maintenance and custodial employees (including substitutes);
- wellness activity participation by 50 percent of all school sites;
- Health & Safety Services Overview and Survey conducted by CCCSIG every two years;
- training workshop on Accident Investigation Training for Principals to reinforce the importance of following up with an employee after an accident or injury; and
- classified Supervisor Safety Training consisting of three, 1-hour courses every three years.

Rah, Rah District Recruitment Team!

The District Human Resources Department Recruitment Team will have managed the hiring of close to 100 positions by the end of this year. Team members include:

Sophia Lever, Principal Human Resources Representative

Denise Killings

Melissa Hoobler

Caroline Newcomb

Judy Williams

In addition to the District Recruitment Team, numerous employees from throughout the District are to be commended for their willingness to assist in paper screening applications and participate on interview committees. It is this important background work that makes it possible for the District to hire outstanding employees. Thank you one and all!

New Employee Orientation

A total of 16 new employees received orientation on September 19. According to Human Resources Principal Human Resources Representative Andrea Gonzalez-Lewis, this was one of the largest classified orientations and underscores the efforts of the Recruitment Team over the summer months.

New Employees

Congratulations and welcome to the following new classified employees, who are going to the September Board. Additionally, there is one management assignment change on the agenda.

Classified

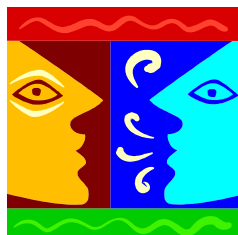
Location	Name	Title
DVC	Moises Alvarez	Custodian II
	Betty Estrada	Student Activities Assistant
	Matthew Lowe	Custodian II
	Rodrigo Ola	Custodian II
	Yvonne Roberson	Senior Payroll Clerk
	Christopher Terry	Custodian II
DVC/SRC Management	Melody Phillips	PBX Operator-Receptionist
Location	Name	Title
DVC	Susan Lamb	Interim Vice President

Governing Board Meeting

September 26, 2007
District Office Board Room
500 Court Street ~ Martinez
Closed Session: 5:00 p.m.
Open Session: 6:00 p.m.

The Board agenda and attachments can be accessed at:
http://www.4cd.net/governing_board/agendas07_08.asp

Chancellor's Chats Continue into October



This is a friendly reminder that there is still time to schedule a 15-minute appointment with Helen as she continues her "office hours" into October. Remember that appointments are not limited to your worksite. The remainder of the schedule is listed below.

Contact Diana Rafii at drafii@4cd.net or by telephone at (925) 229-1000, Ext. 1400, to schedule an appointment.

DISTRICT OFFICE

Wednesday, October 3
10:00 a.m. – 11:30 p.m. ▪ Chancellor's Office

SAN RAMON CAMPUS

Friday, October 5
12:00 Noon – 1:30 p.m. ▪ West 204

LOS MEDANOS COLLEGE

Wednesday, October 10
10:00 a.m. – 11:30 a.m. ▪ Room 409

CONTRA COSTA COLLEGE

Thursday, October 11
12:00 Noon – 1:30 p.m. ▪ AA-216

DIABLO VALLEY COLLEGE

Thursday, October 11
2:30 p.m. – 4:00 p.m. ▪ Trophy Room
