Classified Staff Development Day

Monday, October 13th, 2008

Sponsored by
The Chancellor’s Office, the Office of Staff Development, SEIU Local 1021, and the Classified Senate
DATE: October 2, 2008

TO: All Classified Staff

FROM: Dr. Don Q. Griffin
Interim Chancellor

RE: Classified Flex Day - October 13, 2008

This is the first Classified Staff Flex Day where I had the chance, as the Interim Chancellor of our College, to work directly with the leadership of the Classified Staff and in particular with Athena Steff and Attila J. Gabor to put together a program that once again is tailored to your needs and concerns. I hope all of you will take advantage of the workshops offered. I am also sure that the upcoming Classified Staff Flex Day will be another outstanding success as it have been for so many years.

I look forward to seeing you and appreciate your attendance. Special thanks are extended to Athena Steff, Attila J. Gabor, Jo Anne Bilodeau, Dana Galloway and the rest of the committee for helping to plan this day. Have a great one!!!

Best wishes for a great Classified Staff Flex Day Program.
7:30 a.m.
Continental Breakfast
Visual Arts Courtyard
Crown Catering

8:30 a.m. – 9:00 a.m.
Welcome Assembly
Diego Rivera Theater

9:00 a.m. – 12:00 p.m.
SESSION I – Morning Workshops

11:00 a.m. – 12:00 p.m.
Performance by Mariachi Band
Ram Plaza

11:30 p.m. – 1:00 p.m.
LUNCH Celebration
with
Dr. Don. Q. Griffin, Interim Chancellor
Cafeteria
(see back cover)

1:00 p.m. – 5:00 p.m.
SESSION II – Afternoon Workshops

Thank You for participating!!
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<td>Introduction to Latin Dancing</td>
<td>Student Union Conference Room</td>
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<td>2:00 - 4:00 PM</td>
<td>Film Showing: Les Blank’s Chulas Fronteras and Del Mero Corazon</td>
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<td>3:00 - 5:00 PM</td>
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Film Showing:  
Les Blank’s  
**CHULAS FRONTERAS**  
and  
**DEL MERO CORAZON**

Presenter: Diana Tong

"Chulas Fronteras" is a documentary about the music of the Mexican community on both sides of the Texas-Mexico border, particularly of migrant farmers. It includes material about the roots of the music, but devotes principal attention to the music as a form of social protest against oppression and racism.  
*Written by George Schneiderman for IMDb*

When: October 13, 2008  
Where: Rosenberg 305  
Time: 2:00 - 4:00 PM
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<th>MORNING WORKSHOPS</th>
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| Diego Rivera Theater | Informational session - Bargaining going nowhere; update on negotiations; next steps/action by membership. You need to know what’s happening in negotiations, how it affects you and what you can do to strengthen our voice. You need to be at this meeting!  

**Presenters:** Angela Thomas, SEIU worksite organizer  
Athena Steff, Chapter president  
SEIU Chapter Bargaining team |

| **Assertive Communication** | |
| 9:00 - 10:00 AM |  |
| Cloud Hall 312 | Learn how you can become a more effective communicator in this interactive workshop. You will discover the four main styles of communication, practice techniques to improve your communication, and learn how assertive communication can benefit you in both your professional and personal life.  

**Presenter:** Benita Briones, 4CS President-Elect |

| **Culinary Experience: Truffles and Tarts** | |
| 10:00 AM-12:00 PM |  |
| Smith Hall  
Main Kitchen | Chef Mark Hodgson will demonstrate the making of truffles and tarts: apple tarts on puff pastry, simple chocolate truffles, and "palmiers"  

**Presenter:** Mark Hodgson, Renowned Pastry Chef |

| **Tai Chi Chih** | |
| 10:00 AM-11:45 AM |  |
| Wellness Center 310 | Learn and practice 10 Tai Chi movements that calm your mind and circulate your chi! Images, along with movements help to release stress, expand and balance the flow of energy, and promote health and well being. The purpose of this Tai Chi meditation is not to master a traditional form but to empower the person in discovering and following their own body wisdom.  

**Presenter:** Jennifer Biehn (Business Department instructor)  
with over 18 years experience teaching Tai Chi Chih, including many CCSF college wide staff development days |
Shared Governance and You - Shared Decision Making at CCSF

10:00 -11:00 AM
Rosenberg 305

Shared Governance affects every aspect of our life at the college. This workshop will give an insight into the working of Shared Governance and how to effectively participate in it.

Presenter: Attila J. Gabor, President, Classified Senate
District Shared Governance Coordinator

Green Initiatives at City College

10:00 - 11:00 AM
Cloud Hall 312

Carlita Martinez, of the College's Recycling Dept, and Winifred Kwofie & David Liggett of the Facilities Planning & Construction Department will highlight some of the College's “green projects and initiatives”. This presentation will focus on green initiatives through its recycling and waste reduction programs, energy and water, and resource conservation and the incorporation of sustainable elements in ongoing design and construction projects. This presentation will highlight our success stories and the challenges ahead as we aim at becoming a sustainable College. There will be time dedicated toward questions and answers.

Presenters:
• Carlita Martinez, Coordinator, CCSF Recycling
• David Liggett, Facilities Planner
• Winifred Kwofie, Sr. Project Manager

Defending the El Balazo Worker

11:00 AM-12:00 PM
Rosenberg 304

Come Listen to an El Balazo Worker! On May 2, immigration agents raided 11 Bay Area taquerias detaining more than 60, many of whom have families. Since then, Bay Area unions (including SEIU 1021) as well as community organizations have been campaigning to defend these hard-working immigrants.

Presenter: Guest Speakers arranged by Brian Cruz
What is 4CS?

1:00 - 2:00 PM  
Cloud Hall 312

Join us for a fun and informative presentation about 4CS, the California Community Colleges Classified Senate. You will learn about the 4CS mission and organizational structure, meet your state classified leaders, hear about 4CS activities and services, and find out about upcoming events.

Presenter: Benita Briones, 4CS President-Elect

Campus Art Tour

1:15 - 2:15 PM  
Science Building  
Main Lobby (1st floor)

Will Maynez will conduct an art tour stopping at some of the sites in CCSF's Art Guide. The tour will finish in the lobby of the Diego Rivera Theater with a talk on Rivera's Pan American Unity mural. Please meet in the lobby of the Science Building at 1:15 for the hour tour. The first 25 participants will receive a complimentary copy of the Art Guide.

Presenter: Will Maynez, 30 years the Physics Lab Manager and Works of Art Committee member

Hands-On Excel Workshop

1:30 - 3:30 PM  
Rosenberg 414

Workshop for Intermediate-level Excel Users
Freeze rows and columns so that essential information remains on the screen at all times, and other ways to make viewing spreadsheets easier.
Learn how move around without the mouse, and it's quicker, too!
Apply some essential formulas—count, sum, average, min, max, mode, etc.
Use constants (fixed references) in formulas.
Use filtering to view specific kinds of records.
And more...
This is a hands-on workshop

Presenter: Pamela M. Mery, Office of Research  
An Excel veteran of 14+ years.
**Introduction to Latin Dancing**

1:30 - 3:00 PM  
Upper Level Conference Room  
Student Union

Beginning social dance lessons in Cha Cha (Cuba), Salsa (Puerto Rican style) and Merengue (Dominican Republic). No experience or partner necessary. Wear loose clothes and gym shoes.

**Presenter:** Gary Tom and Maria Ma

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**Movie: Les Blank’s Chulas Fronteras and Del Mero Corazon**

2:00AM-4:00PM  
Rosenberg 305

Chulas Fronteras and Del Mero Corazon are documentaries about Mexican-Americans in southern Texas. Chulas Fronteras features their music and culture, showing food preparation, family life, dances, fieldwork, and other social activities. Del Mero Corazon explores the Mexican-American norteño music tradition, showing various performers in dance halls and cantinas.  
86 minutes

**Presenter:** Diana Tong

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**Good Health Through Good Posture**

3:00 - 5:00 PM  
Lower Level  
Student Union

Do you have back, neck or other joint pain? Migraines? TMJ? Arthritis? Carpal Tunnel or RSI? Tried drugs, physical therapy, alternative treatments, orthotics, ergonomic workstations, - even surgery? Nothing worked? Do the drastic solutions seem worse than the problem? There is a better way. Join me for a seminar on posture, pain, and a natural path to health. You'll learn what healthy posture looks and feels like, how to identify postural problems, how common imbalances are directly related to pain conditions, and what YOU can do to heal yourself without drugs, surgery, or manipulation. We will move about a bit in this interactive class, feel free to watch or participate as you are comfortable. You'll leave with access to FREE online exercise programs designed to restore your natural alignment and information on further resources to live a healthier, pain free life.

**Presenter:** Krista Bray, Posture Alignment Specialist

**Maximum 50 participants!**

**DOORS CLOSE AT 3:10!**
Lunch—Celebration
La Tapatía

Burrito
(choice of carnitas, chicken or vegan)
Chips, salsa, guacamole and shredded cheese
Jumbo chocolate chip cookie
Bottled water