What’s New from Cabrillo’s Human Resources Crew?

SPRING FORWARD 2011!

As we savor the sweet blossoms of springtime and gear up to set our clocks forward this coming weekend – gaining a welcome hour of daylight on March 13 – your dedicated HR colleagues don’t want to fall behind in providing you with these blooming updates. ~ Loree McCawley, Director of Human Resources

BUDDING HEALTH & WELLNESS:

- Don’t miss this year’s Health & Wellness Fair, slated for Friday, March 25, from 10:00 a.m. to 2:00 p.m. in the cafeteria. This year’s fair will include free health screenings and a variety of vendors, including but not limited to Blue Shield, Delta Dental, Spa Fitness, Curves, Weight Watchers, SISC, Alliant, and Physicians Medical Group. To participate in the health screening process, register at the Health Smarts website http://sisc.kern.org/healthsmarts and schedule an appointment.

GROWING SAFETY AWARENESS AND EMERGENCY PREPAREDNESS:

Kudos to Joe Nugent, Director of Facilities Planning & Plant Operations, Sergeant Paul Ramos of the Sheriff’s Department and Harry Bidleman, Director of Public Safety, on their most successful efforts to provide employee safety and emergency preparedness training this academic year. As steadfast advocates for maximizing employee safety, this enterprising and engaging trio suggest that you:

- Avail yourself to the Cabrillo College Sheriff’s Office website for incident prevention and safety tips:
  http://www.cabrillo.edu/services/sheriff/crimeprv.html
- Take the time well-spent to complete the Introduction to the Incident Command System course which introduces the Incident Command System concept – its history, features and principles. This on-line training is available at:
  http://training.fema.gov/EMIWeb/IS/is100HE.asp
- Visit and familiarize yourself with Cabrillo’s Safety and Emergency Preparedness website found at:
  http://www.cabrillo.edu/internal/emergency
- Be sure to keep an eye out for future employee safety and emergency preparedness training slated for later this year.

PROPAGATING DATES TO REMEMBER:

- Friday, March 18 – a 403(b)/457(b) workshop will be presented from noon to 1:00 p.m. in room 435 by Zuk Financial Group.
- Tuesday, March 22 – Ken Thomas will host a STRS Retirement Forum from 3:30 – 5:00 p.m. in room 403.
- March 25, April 15 and May 13, Ken Thomas will host one-on-one STRS retirement meetings from 8:00 a.m. to 3:00 p.m. in room 511.
- On Friday, May 6 – A Race-to-Retirement workshop – presented by Zuk Financial Group – noon to 1:00 p.m. in room 435.

For more updates, see the HR 2010-11 Activities Master Calendar at www.cabrillo.edu/services/hr/benefits.html

SOWING THE SEEDS OF INFORMATION:

- Faculty interested in submitting Pre-Retirement letters for 2011-12 must do so by April 15, 2011. Please refer to CCFT Article 18.6.2 for further information.
- Classified employees interested in participating in the Professional Growth Program may want to “dust off” Appendix C of the CCEU Collective Bargaining Agreement to review the submission process.

CULTIVATING CELEBRATIONS:

- If you haven’t watched “A Picture Paints A Thousand Words,” by Cabrillo’s new Custodial Supervisor Jorge Rodriguez, we encourage you to do so. The slide show pictorial recently sent to all Cabrillo employees features Cabrillo’s dedicated custodial crew busy with winter 2011 projects. HR joins Jorge in celebrating his custodial team and their diligent efforts on our behalf. We also urge you to let them know how much we appreciate their hard work and efforts to keep our College clean and safe.
- Congratulations to HR’s Gretchen Morris Coffey, Classified Personnel Technician, who’s retiring after 10+ years of dedicated Cabrillo College service. Gretchen’s looking forward to enjoying retirement with her husband Dick and spending lots of time with her adorable granddaughters Carly & Phoebe.