



News and Notes

from the

President's Office

Announcements ♦ Updates ♦ Meetings ♦ Events

October 19, 2009

Volume 9

What's In The News!

Meetings of the Week	1
Board of Trustees Meetings	1
Construction Updates	1
Faculty/Staff Resources	2
Committee Reports	2
Campus Events	2
Environmental Stewardship Committee	2
CIEE - International Faculty Development Seminars And Ping Fellowship	3
Fitness Tips	3

Meetings of the Week

Monday	10/19/09	10:00 a.m.	Health and Safety	D-121A	
			1:00 p.m.	Review of Services	Canceled
			1:30 p.m.	Chairs' Cabinet	D-121A
			3:30 p.m.	Academic Senate Executive	A-2
Tuesday	10/20/09	2:00 p.m.	President's Cabinet	D-102	
Wednesday	10/21/09	9:30 a.m.	Instructional Cabinet	Canceled	
			12:30 p.m.	Academic Senate Executive	A-2
Thursday	10/22/09	1:00 p.m.	Student Services Council	D-102	
Friday	10/23/08				

Calendar of SDCCD Board Meetings

SDCCD Board Meetings		
Date	Time	Location
October 29, 2009	3:30 p.m. - Board Open Door Session 5:00 p.m. - Regular Meeting	Mesa
November 12, 2009	4:00 p.m.	District
December 10, 2009	4:00 p.m.	District

Submissions

Please submit ALL Bulletin articles directly to Erin Flanagan and Barbara Butler in the President's Office by 12:00 p.m. on Thursdays one week prior to publication.

Thank you.

Evening and Weekend

Administrator:
Cellular Phone
(619) 559-3468

Construction Updates

On City's homepage under About City College, simply click on the **CONSTRUCTION UPDATES** on lower left column. For all construction project updates and notices, please go to: <http://www.sdccity.edu/buildingupdates/default.asp>.

For information on all District-wide Proposition "S" and "N" Construction Bond projects, please see: <http://www.sdccdprops-n.com/default.aspx>.

Faculty - Staff Resources

For current updates: www.sdcity.edu/faculty-staff.asp

- * District Resources
- * Directories
- * Web Site Updating and Development
- * Communications/Publications Guidelines
- * Forms/Procedures/Applications
- * President's Bulletin
- * Meetings Calendar
- * Faculty/Staff Fitness Center Calendar
- * Sites of Interest We Host
- * Campus Handbook -Administration & Governance Guide-Organizational Charts-Campus Directory

Committee Reports

Committee Reports can be found in your Outlook mail under Public Folders.

Academic Senate www.sdcity.edu/academicsenate

Chairs' Cabinet

Curriculum

Curriculum Tech Review

Environmental Stewardship Committee www.sdcity.edu/esc

Flex Committee www.sdcity.edu/faculty-staff.asp

Foundation Board Meeting

Institutional Assessment Committee www.sdcity.edu/iac

Instructional Services Council

Institutional Technology Council

Master Planning & Resources Oversight Council

Review of Services

Student Services Council

Campus Events

Many new events are added throughout the semester. To add an event to the campus calendar or to promote your event, send email to chrisclark@wispertel.net. Check the campus calendar at www.sdcity.edu/events.asp.



Saville Theatre: www.sdcity.edu/savilletheater

World Cultures: <http://www.sdcity.edu/worldcultures>

Thursday, October 22 - Art, Biking, Hiking in Switzerland & Italy meeting, 6:00 p.m. - 7:30 p.m., Room B-104

Monday, October 26 - Bought & Sold: An investigative documentary about the International Trade in Women, D-121 A & B, 1115 a.m. - 12:30 p.m.

Athletic events: <http://www.sdcity.edu/athletics>

Environmental Stewardship Committee



Farmer's Market every Tuesday 10:00 a.m. - 12:00 p.m.
Come get your fresh organic veggies - cultivated with love
by City College students.
Please bring your own bag.



1. City College is invited to KickGas at Qualcomm Stadium, Saturday, October 24 from 11:00 a.m. - 8:30 p.m. celebrating alternative methods of transportation and environmentally friendly living. For more information visit www.Kickgasfestival.com
2. Fall Festival at the Farm, Tuesday, October 27 11:00 a.m. - 2:00 p.m. down at the farm next to the LRC. Come enjoy music, food and fall themes to celebrate the change of season. (Klippel)

CIEE - International Faculty Development Seminars And Ping Fellowship

CIEE announces that there will be Faculty Development Seminars for Summer, 2010 in 23 countries. Applications are due March 1, but the Ping Fellowship Application is due Jan. 15.

http://www.ciee.org/IFDS/application/index.html?utm_campaign=ifds_gen&utm_medium=email&utm_source=91509&utm_content=apply_link. (Froelich)

Fitness Tips


General Guidelines for Stretching

Provided are seven guidelines I often share with students regarding stretching that I suggest you should always follow:

1. Always warm-up before stretching. Five to ten minutes of biking, brisk walking or mild calisthenics should do it.
2. Never stretch in a painful range of motion. Progress the stretch to a mild point of tension and hold that position as you relax into the stretch.
3. Do not bounce. For improvement in flexibility hold each stretch for 20-30 seconds.
4. You need to breathe when stretching. Exhale as you relax into a stretch or just take shallow breaths. Do not hold your breath.
5. The stretch should be felt in the middle of the muscle. Avoid over stretching or forcing a stretch which could cause pain in or around a joint.
6. Stretching can be done on a daily basis after warming up and after any physical activity.
7. Be patient. Flexibility improves over a period of time when stretches are done on a regular basis. Do not expect immediate results and good luck!

(Greer)

San Diego City College Saville Theatre
October 30 - November 15, 2009



Bye Bye Birdie

Conrad Birdie coming to Sweet Apple, Ohio for One Last Kiss!

Friday: Oct. 30, Nov. 6, 13 @ 8:00 pm
Saturday: Oct. 31, Nov. 7, 14 @ 8:00 pm
Sunday: Nov. 1, 8, 15 @ 2:00 pm

General Admission \$15 • Students, Seniors & Military \$10