



News and Notes

from the Office of the President

Announcements ♦ Updates ♦ Meetings ♦ Events

February 23, 2009

Volume 21

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Meetings of the Week

Monday	2/23/09	1:30 p.m.	Chairs' Cabinet	D-121A
		1:30 p.m.	Academic Affairs/Instructional Services Council	D-121A
Tuesday	2/24/09	2:00 p.m.	President's Council	D-102
Wednesday	2/25/09			
Thursday	2/26/09			
Friday	2/27/09			

Calendar of SDCCD Board Meetings

SDCCD Board Meetings		
Date	Time	Location
Thursday, March 12	4:00 p.m.	District
Thursday, March 26	3:30 p.m.	Board Open Door Session
	4:00 p.m.	Miramar
Thursday, April 16	4:00 p.m.	District
Tuesday, April 28	3:30 p.m.	Board Open Door Session
	4:00 p.m.	ECC
Thursday, May 14	4:00 p.m.	District
Thursday, June 11	4:00 p.m.	District

Submissions

Please submit ALL Bulletin articles directly to Barbara Butler and Erin Flanagan 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

Campus Construction Project Updates and Notices

On City's homepage, simply click on the AT WORK FOR CITY COLLEGE graphic on lower left column.

For all construction project updates and notices, please go to:
<http://www.sdccity.edu/buildingupdates/default.asp>.



Campus Events

Many new events are added throughout the semester. To add your event, simply click on the SUBMIT YOUR EVENT graphic at www.sdcity.edu/events.asp.



Saville Theatre: www.sdcity.edu/saville_theatre

World Cultures: <http://www.sdcity.edu/worldcultures/pdf/WorldCulturesCalendarSpring2009.pdf>

Wednesday, February 25: "Bastards of the Party" film screening

Saturday, February 28: City College Talent Show: Scholarship Benedic - Saville Theatre

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

City's Greatest Talent Show

San Diego City College is having "The City's Greatest Talent Show"!

The Talent Show will be on Saturday, February 28, 2009 in City's Saville Theatre at 7:00 p.m. The tickets will be sold at the box office, \$10.00 for students and \$12.00 for general public. Prizes will be awarded for 1st Place, 2nd Place, and 3rd Place.

All proceeds will go for our Counseling Department's Scholarships. The Talent Show will be hosted by Tandy Ward, counselor at City and a member of the Counseling Scholarship Committee. (Ward)



Faculty - Staff Resources at City College

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

Committee Reports

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

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

Academic Senate www.sdcity.edu/academicsenate

Chairs' Cabinet

Curriculum

Curriculum Tech Review

Environmental Stewardship Committee www.sdcity.edu/esc

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

Accreditation 2010

We are in the process of gathering information for the 2010 accreditation self-study report and site visit. We need your feedback. If you haven't already done so, please take a moment to take the Employee Feedback Survey.

The results from the survey will be used to provide information for the self-study reports, and they will help us understand what we're doing well and what we need to improve at our college. Your responses will remain strictly confidential and no individual identifiable information will be reported.

Please click here to start the survey:

<http://www.zoomerang.com/Survey/survey.zgi?p=WEB228SQ4R2KGGH>

Thanks for your help!

Roberta Alexander, faculty co-chair

Peter White, administrative co-chair

Environmental Stewardship Committee

City College is competing against hundreds of other colleges and universities in the national Recyclemania competition. You can do your part by recycling paper, cardboard, glass and plastic bottles, and aluminum cans.

Last week we produced 8.1 tons of trash and 5.38 tons of recycling!

Help us turn these numbers around. Our Recycling tonnage should be twice as large as our trash tonnage. Do the right thing - Recycle! (Klippel)



Farmer's Market every Tuesday 9:30 - 11:30.
Come get your fresh organic veggies - cultivated with love by City College students.
Please bring your own bag.



(Klippel)

Spanish Immersion Program

Information Meeting For Spanish Immersion Program To Cuernavaca, Mexico

Administrators, faculty, and staff are invited to learn more about City's annual Spanish immersion program to Cuernavaca, Mexico. An information meeting will be held on Tuesday, February 24 from 12 noon – 1 p.m. in Room B-104. A four-week program will be offered from June 20 – July 18 and a two-week program from June 20 – July 4. This is a great professional development opportunity. For more information, contact Marion Froehlich at x3652 or mfroehli@sdccd.edu. (Froehlich)

Teach in Florence, Italy Spring 2010

The SDICCCA study abroad consortium is recruiting two faculty from its member colleges to teach in Florence, Italy during Spring 2010, under the auspices of Southwestern College. Faculty in the area of the arts, humanities, social sciences, and literature are preferred. Tenured faculty members are eligible to apply. Selection criteria include appropriateness of teaching your proposed IGETC classes abroad, proposed adaptation of courses to delivery in Italy, experience in and/or knowledge of the host country, demonstrated cultural awareness, sensitivity and competence, experience as a group leader including problem solving, a strong desire to work with students during extracurricular activities, and awareness and competence in non-academic roles to be assumed during the program.

Application deadline is **Thursday, March 5 at 4:00 p.m.** For application materials and questions, please contact Marion Froehlich, 619.388.3652, mfroehli@sdccd.edu. (Froehlich)

Athletic Information

Fitness Tip: Importance of Rest/Recovery as a Training Principle

Rest and recovery can be the forgotten training principle. The majority of training adaptations occur during recovery, which is why it is such a vital component to an athlete's training.

As a person accumulates more years of training experience, less recovery time is needed, because the body becomes more resilient underneath the current stimuli. Research has shown that an individual needs a minimum of 48 hours of recovery before undergoing the same training of the specified muscle group. Depending on several other components, the recovery time might be even longer than 48 hours. Typically the maximum recovery time will be about 72 hours.

There are multiple approaches and considerations to recovery. The most popular and effective approach to recovery is active recovery, where athletes engage in an activity for a week or two with an intensity that is relatively low. Other major considerations in a person's recovery should be sleep, stress levels, nutrition and hydration.

(Greer)