

# UC ANR STAFF MEETING

## September 20, 2018

**University of California**  
Agriculture and Natural Resources

# AGENDA

## *UC ANR in Action*

Why We Meet

Stories from the Field

<https://www.kron4.com/news/california/video-tour-exclusive-look-at-river-fire-devastation-in-mendocino-county/1423977279>

**Project Learning Tree – Sandy Derby**

Wellness – An Ergo Moment – Malendia Maccree

## *Updates*

Leadership Corner

Staff Assembly – LeChe McGill

Second Street Operations Committee – Rob Broadhurst

Celebrate – Joan Taylor Warren

## *Learning*

Safety Training – The Great California Shake Out – David Alamillo





# *UC ANR IN ACTION*

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# WHY WE MEET

Showcase/ celebrate what we do

Meet new faces

Inspire, laugh build a sense of team

Health, wellbeing and safety

Receive information, announcements

WE ARE PART OF A COMMUNITY AND

WE ARE PART OF SOMETHING BIGGER

**YOUR EFFORTS MATTER**

<https://www.kron4.com/news/california/video-tour-exclusive-look-at-river-fire-devastation-in-mendocino-county/1423977279>



Do you recognize UC ANR personnel in this news clip?

Hopland Center Director – John Bailey  
Vice Provost of Research and Extension - Mark Lagrimini  
HREC Community Educator - Hannah Bird

Does anyone notice an important communication message missing from the clip?

**UC ANR!**

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**Project Learning Tree  
Sandy Derby  
State Coordinator**

[stderby@ucanr.edu](mailto:stderby@ucanr.edu)  
**530-394-7003**



# Project Learning Tree

*...teaches students how to think, not what to think..*



- Increase students' understanding of our complex environment
- Stimulate critical and creative thinking
- Develop the ability to make informed decisions on environmental issues
- Instill the confidence and commitment to take responsible action

# California PLT / UC ANR

**VIPs:** CA PLT Network  
UC Agriculture and Natural Resources Statewide Programs  
Forestry Professionals  
CALFIRE

**GOALS:**  
To strengthen and expand the PLT network, and ensure collaborative community engagement that promotes environmental literacy.

**PARTNERSHIPS:**  
CA 4-H  
Leadership, Programs, Outreach  
California Naturalist Program  
PLT Integration / CalNat Courses





## Every Tree For Itself

*Understanding of conditions  
that trees need to live and grow*

## Living with Fire

*Understanding of a fire triangle  
can be used to both prevent and  
manage fires*

## Carbon Cycle

*Understanding where carbon is  
and how the carbon cycle  
works*

**Project Learning Tree State Coordinator**  
**[stderby@ucanr.edu](mailto:stderby@ucanr.edu)**





# *AN ERGO MOMENT*

MALENDIA MACCREE

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An Ergo Moment...

Sho

## Stand Up Every 20 Minutes

< 20 minutes

> 20 minutes

No harm done

Physiological changes



“Patterns of Sedentary Behavior and Mortality in U.S. Middle-Aged and Older Adults: A National Cohort Study”, K.M. Diaz, et. al., *Annals of Internal Medicine*, 3 October 2017.

# Stand Up!

Steps for Safely Rising From a Seated Position (get a free workout!!)

- Move your bottom to the edge of the chair.
- Place both feet firmly and flat on the floor.
- Activate your core!
- Lean forward so that your nose is over your toes.
- Use you leg muscles to lift your body off the chair seat.
- Stand up nice and straight.



Using chair arms as aids:

- After you move to the edge of the seat...
- Place both hands on the armrests of the chair. If there are no armrests, then place both hands on the edge of the chair.
- Push down through your arms as you help unload your weight off the chair.
- As you are pushing down through your arms, begin straightening your legs.
- Let go of the chair and finish straightening your legs.

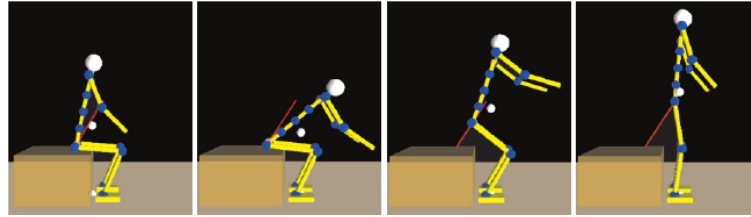
# Sit Down!

Steps for Safely Sitting on a Chair (get a free workout!!)

- Turn your back to the seat.
- Move close to the seat until the back of your legs touch the chair.
- **Activate your core!**
- Lean forward in a half squatting posture so that your nose is over your toes
- Gently grasp chair arms or the edge of the chair seat to secure or sense the position of the chair.
- Stretch your rear end out behind you towards the chair.
- Use you leg muscles to lower your body on the chair seat.
- Once you are seated, scoot back in the chair until your back is supported by the back rest.
- Relax with both feet flat on the ground or a footrest.



# Safety Tips!



- Remember to activate your core - Squeeze your *Gluteus Maximus* before you lean forward and activate your legs for sitting or standing.
- Standing up too quickly can lead to dizziness or unsteadiness in some people. Know your body and be prepared for balance or visions issues.
- Always try to sit or to rise with your body squared front of the seat – avoid twisting as you stand up or sit down.
- Watch out for rolling chairs!
- Make sure you have stable footing before transferring weight to your feet.
- Don't rely on tables or other objects to “pull” yourself out of a chair.
- Focus your awareness and breath throughout the activity.
- Practice regularly to gain leg and core strength.





# *UPDATES*

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# LEADERSHIP CORNER

David Alamillo

Joan Taylor Warren

## UC ANR Staff Assembly

### Vision/Mission

- The resolve of the University of California Agriculture and Natural Resources (UC ANR) Staff Assembly is to cultivate satisfied, dedicated and professional staff to work with UC ANR Senior Leadership and other members of the ANR community to promote the interest and welfare of all staff employees. This vision will be accomplished by:
- Reaching out to and receiving feedback from all UC ANR staff on issues of concern, thereby giving staff a collective voice to Senior Leadership.
- Offering opinions and recommendations to Senior Leadership on policies, processes and programs.
- Fostering an understanding of ANR's mission by providing learning and other opportunities to increase the exchange of knowledge in all aspects of the ANR community.
- Offering career training and professional development opportunities to all ANR staff to further career advancement.

<http://staffassembly.ucanr.edu/>

# STAFF ASSEMBLY UPDATE

LeChé McGill

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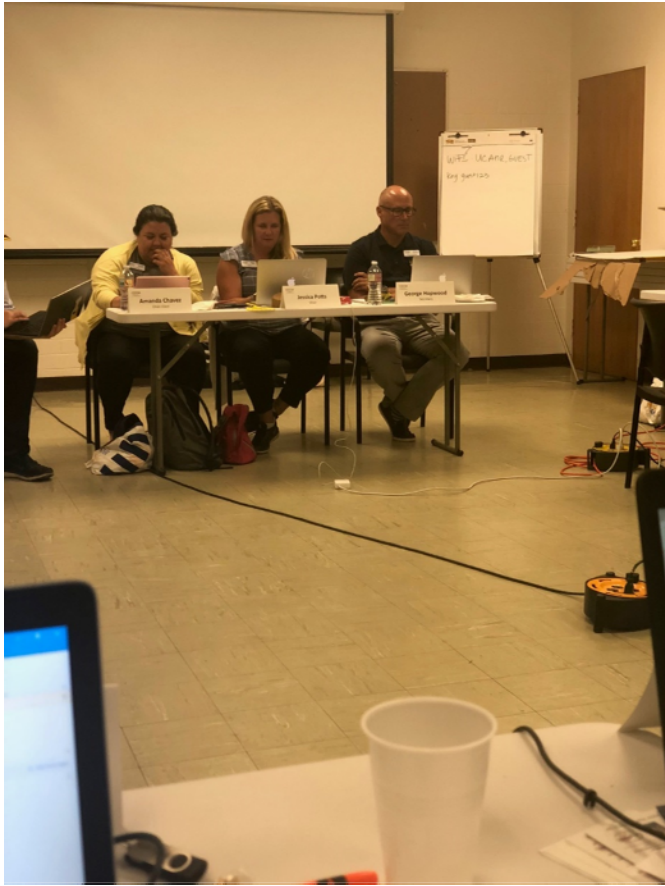


# Staff Assembly Updates

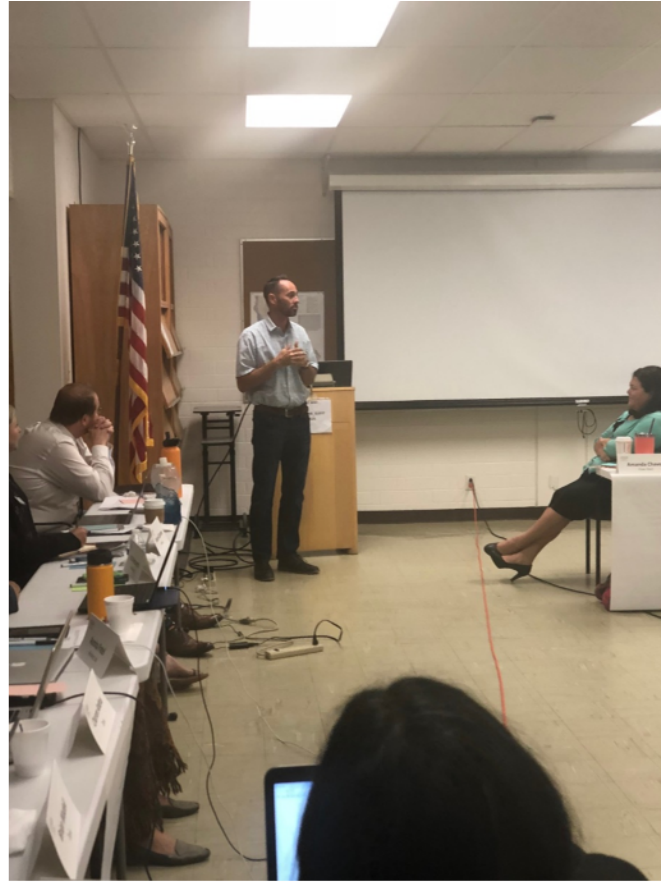
LeChé McGill, SA Council & Sr. CUCSA Delegate

# ANR Hosted CUCSA Meeting: South Coast REC, Irvine September 5<sup>th</sup> – 7<sup>th</sup>





CUCSA  
Leadership Team



Darren Haver  
Director  
South Coast  
REC



South Coast Rec  
Grounds Tour



Youth Garden Plants

# CUCSA Work Groups 2018 – 2019

- Parental Leave Policies
- Succession Planning



Reminder!

# SA Scholarship Reimbursement Program

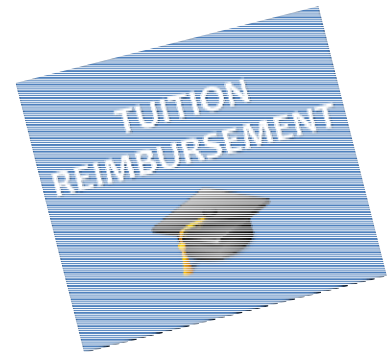
Accepting Applications

Current Cycle:

April 16, 2018 - October 31, 2018

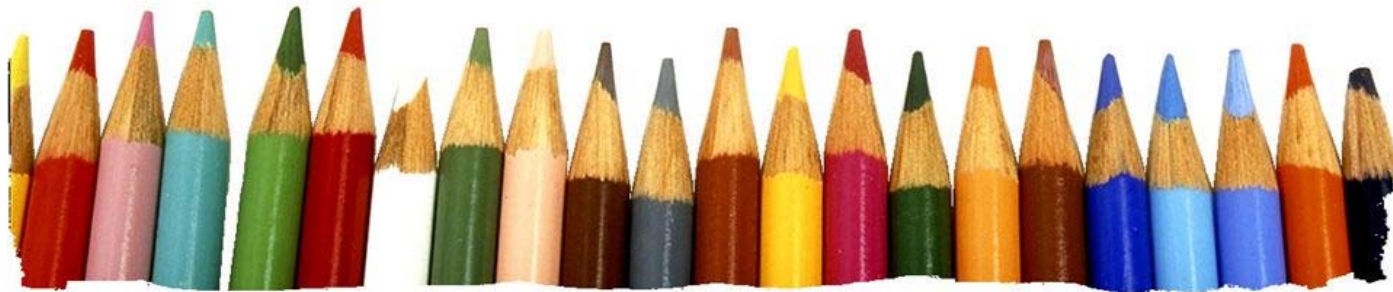


- Visit SA website for applications & more information.
- <http://staffassembly.ucanr.edu/Scholarships/>



THANK YOU!

*...ANY QUESTIONS??*





# AT SECOND STREET

## SECOND STREET OPERATIONS COMMITTEE

### ROB BROADHURST

#### Current Committee Members

David Alamillo – Chair	Risk & Safety Services
Rob Broadhurst	Development Services
Kim Lamar	Contracts and Grants
Melissa Mabuchi	YFC
Tina Perez	Human Resources
Sandi Osterman	CSIT
Belinda Messenger Sikes	IPM

# 2018 Halloween Potluck



Wednesday, October 31  
11:30 – 1:00  
Valley Rooms



Food and supply sign up sheet coming soon!



**Have pictures from last year's ANR  
Halloween party?**

**Cute kiddos in costume?**

**Cool costumes from Halloweens of  
yesteryear?**

**E-mail [RobBroadhurst@ucanr.edu](mailto:RobBroadhurst@ucanr.edu)**

**NEW FACES**

**CELEBRATE**



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# WE HAVE AN ASPIRING ACTRESS

working with us at UC ANR Davis



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My first memory of performing was at age 4 on the picnic table in the backyard singing Cher Bono songs using a towel for my hair. Though I've always loved acting, I started my theatrical career in eighth grade with a part in *Meet Me In St. Louis*.



I got parts in several high school and college shows like Juliet in *Romeo and Juliet* and Stella Kowalski in *A Streetcar Named Desire*.



Wicked Witch, *Wizard of Oz*



Velma Von Tussell, *Hairspray*



Mother, *A Christmas Story*

Annie Sullivan, *The Miracle Worker*



I love all the friends I make doing theatre including our new hire, Emily Delk (she's the one in rollers).



I usually perform at the Woodland Opera House

My next show brings me full circle – I've been cast in *Meet Me In St. Louis* again (as the Mother this time). It opens Thanksgiving weekend and runs through December 16.

And winning awards is pretty fun too!

## Patricia Glass

HR Generalist  
UC ANR Human Resources



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# EARTHQUAKE AND EVACUATION

David Alamillo







# Earthquake & Evacuation Exercise

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ANR Building, Davis  
Staff Meeting  
September, 2018



ANR Building, Davis

## Earthquake & Evacuation Drill

October 18, 10:18 a.m.

During “*The Great California ShakeOut*” the entire ANR building (including all staff, guests and anyone present) will participate in an earthquake simulation and building evacuation drill.

**BE READY TO SHAKEOUT!**

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Shake  
Out

The Great California ShakeOut  
*Annual Statewide Earthquake Drill*

## Why ShakeOut?

- The Great California ShakeOut is an annual opportunity to practice how to be safer during earthquakes, and to improve preparedness
- Over 10 million Californians participate annually, and over 25 million nation-wide
- The occasion is also used as an opportunity to:
  - rehearse **Drop, Cover, & Hold On**
  - **secure our space** to prevent damage & injuries
  - review & update our **emergency plans & supplies**
  - discuss emergency **preparedness & response**
  - hold a **fire drill / building evacuation exercise**
- What we do now will determine our quality of life after our next big earthquake. Are you prepared to survive and recover for the **first 3 to 5 days!**???



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## What to Do During an Earthquake

“*Drop, Cover, and Hold On*” is the appropriate action to reduce injury during earthquakes



- **DROP** to the ground (before the earthquake drops you!)
  - **COVER** your head and neck with your arms and seek shelter by getting under a sturdy desk or table if nearby; and
  - **HOLD ON** to your shelter and be prepared to move with it until the shaking stops
- What **NOT** to do:
    - Do **NOT** get in a doorway
    - Do **NOT** run outside
    - Do **NOT** believe the so-called “triangle of life”—see EH&S FAQs website for info



## DROP! COVER! HOLD ON! continued

- The main point is to not try and move, but to **immediately** protect yourself as best as possible **where you are**
- If there is no table or desk near you, **drop** to the ground in an **inside corner** of the building and cover your head & neck with your hands & arms
- If you must move to get away from heavy or falling/breaking items, **first drop** to the ground, then **crawl** only the **shortest distance** necessary
- As you spend time in areas new to you, take a moment to **look around**:
  - What is above & around you that could move or fall?
  - What are your various routes of evacuation?
  - Identify safe places, & use your best judgment to stay safe!



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# Evacuate!



*Anytime the Fire Alarm sounds...*

**Don't wait, Evacuate!**

- Look around, do you see the hazard
- Quickly grab any essential items (Go-Bag, keys, cell, wallet/purse)
- Evacuate the building via the nearest unblocked route/exit
- Assemble across Pena Dr. & in front of the Davis Musical Theater Company
- Line up by department, check-in with your Safety Contact, wait for instruction
- When released by your Safety Contact or Incident Commander, return safely to work

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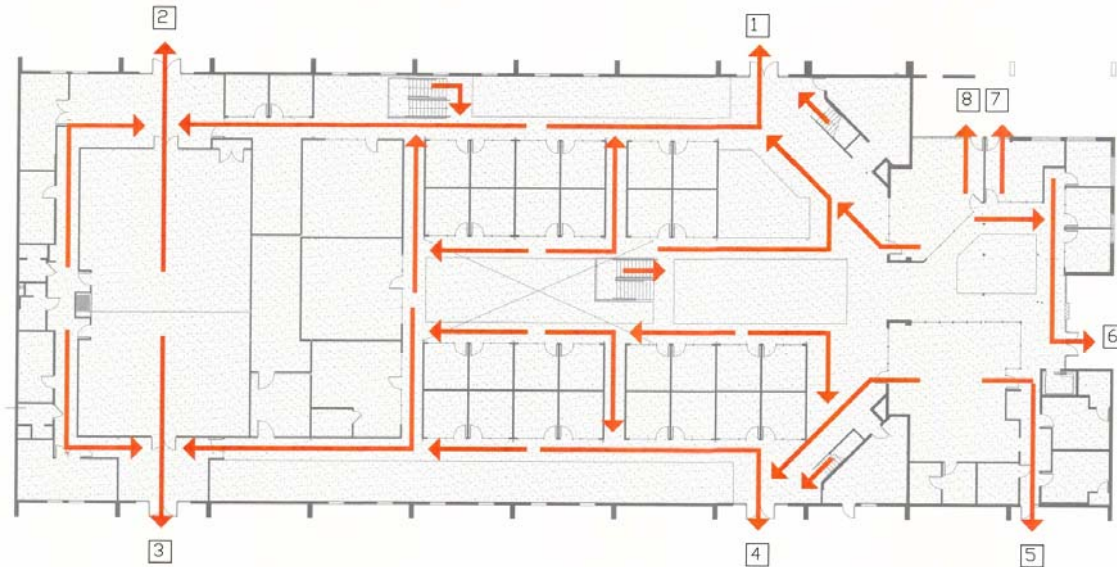
## Department Safety Contacts

- Safety Contacts
  - ✓ Each Unit has assigned a safety contact
  - ✓ This will be the person the Unit reports to during an evacuation
- ✓ Liaison to EH&S
- ✓ Identifies potential hazards
- ✓ Shares safe work practices, near misses/hits

UNIT	CONTACT <u>P</u> Primary/ <u>S</u> Secondary
BOC-D	<b>P:</b> Marcie Valenzuela
	<b>S:</b> Emily Schutzman
Contacts & Grants	<b>P:</b> Kimberly Lamar
	<b>S:</b> Suzanne Burton
CSIT	<b>P:</b> Sueanne Johnson
	<b>S:</b>
Development <u>Srvcs.</u>	<b>P:</b> Maria Fernandez
	<b>S:</b> Robert Broadhurst
EFNEP	<b>P:</b> Trisha Dinh
	<b>S:</b> Melissa Mabuchi
Facilities	<b>P:</b> Mark Barros
	<b>S:</b> Michael Zwahlen
Human Resources	<b>P:</b> Karen Ellsworth
	<b>S:</b> Jodi Rosenbaum
IPM	<b>P:</b> Danny Won
	<b>S:</b> Fernanda Rosa
OPPE / PSU	<b>P:</b> Rachel Palmer
	<b>S:</b> Michelle Hammer Coffey
Master Gardeners & Master Food Preserv.	<b>P:</b> Lauren Snowden
	<b>S:</b> Missy Gable
	<b>S:</b> Trisha Dinh
Risk & Safety	<b>P:</b> Mark Barros
	<b>S:</b> David Alamillo
Senior Leader Depts.	<b>P:</b> Joan Warren
	<b>S:</b> Melissa Figueroa
YFC / 4-H	<b>P:</b> Trisha Dinh
	<b>S:</b> Melissa Mabuchi

# Emergency Action and Fire Prevention Plan

- First Floor Evacuation



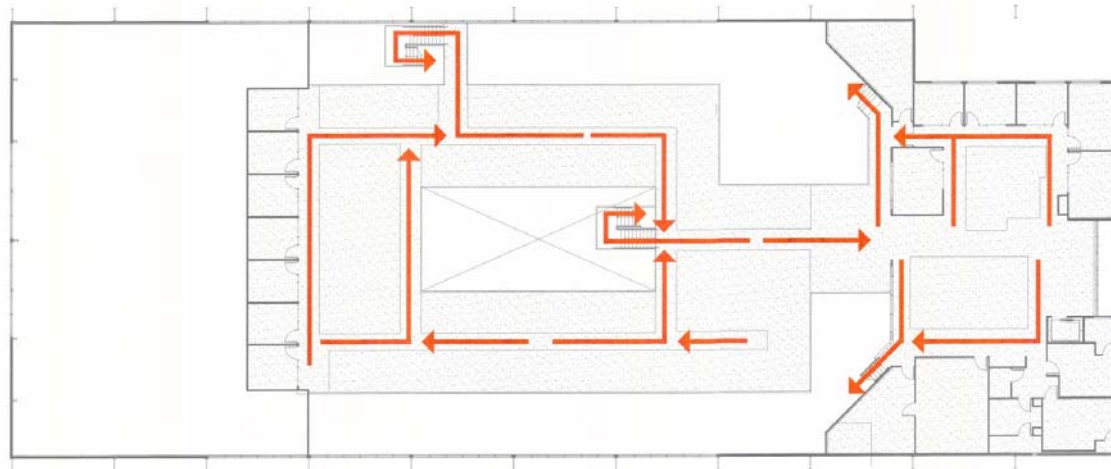
EXIT MAP - FIRST FLOOR





# Emergency Action and Fire Prevention Plan

- Second Floor Evacuation

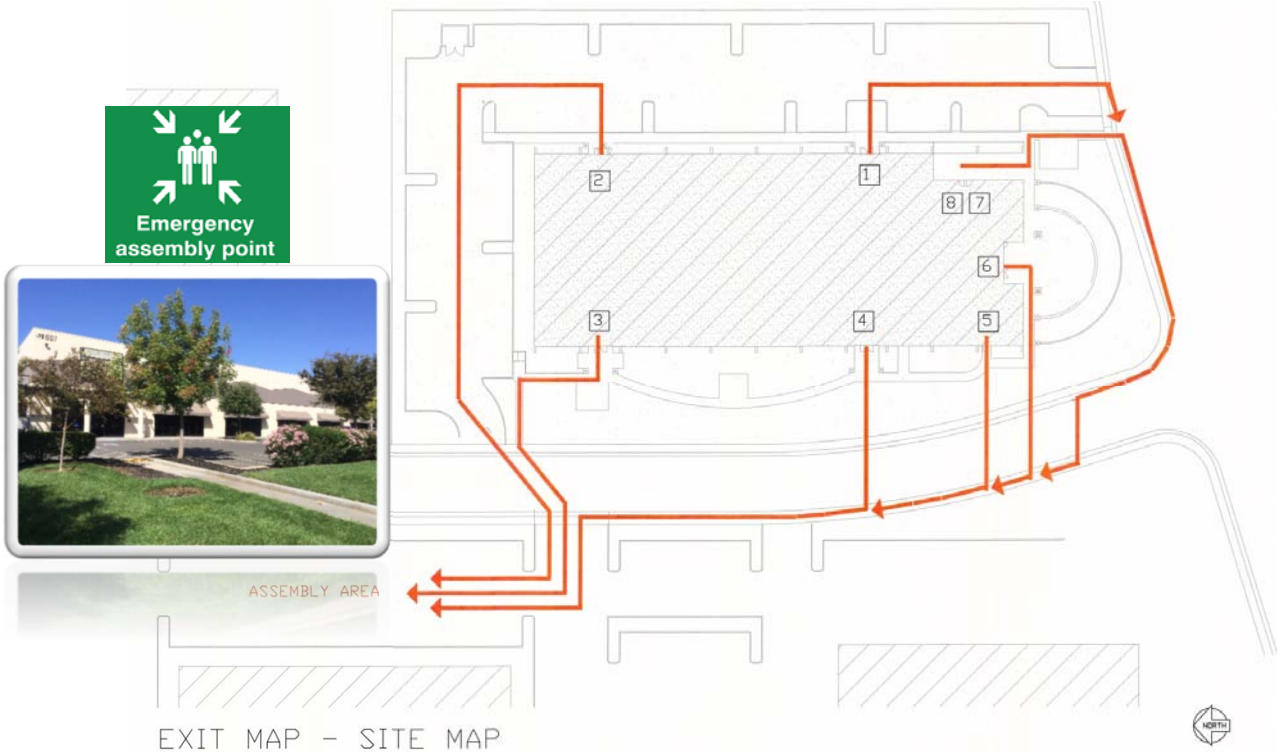


EXIT MAP - SECOND FLOOR

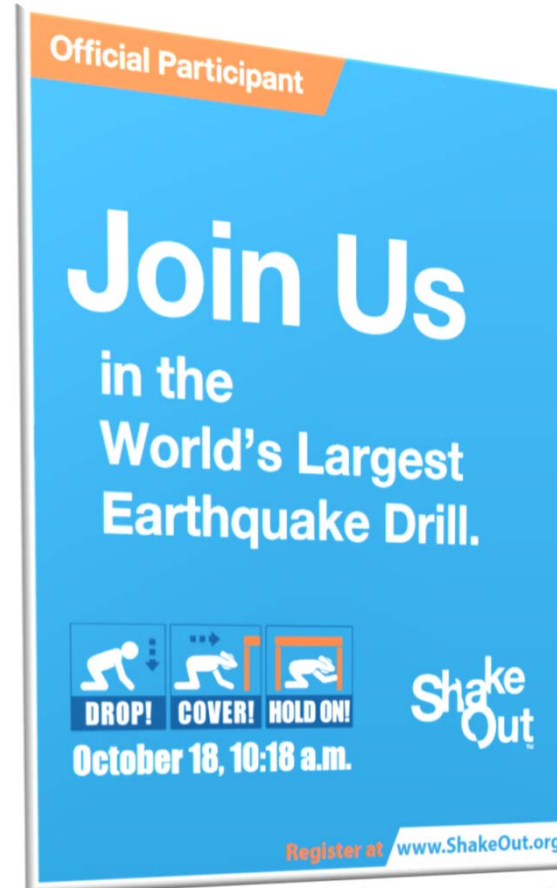


# Emergency Action and Fire Prevention Plan

- Building Exterior and Assembly Area



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## Earthquake & Evacuation Drill Procedures:

- **10:18 a.m. Thursday, October 18**, you will hear **3 air horn blasts**
- Department Safety Contacts (DSC) in your area will announce the earthquake portion of our drill
- **Drop, Cover, & Hold-on**, for one minute, listen for instructions via desk phone broadcast speakers
- **FIRE ALARM will be PULLED** next
- **evacuate** the building safely, as the fire alarm sounds, to our emergency assembly area
- **assembly area** is across Pena drive, within the Davis Musical Theatre Company parking lot
- Cross the street safely, watch for traffic
- Line up for **roll-call** by department, look for your DSC wearing an orange safety vest & holding up a clipboard
- Once the building is clear, and everyone is accounted for within our assembly area, your DSC will be given the “all clear” to have you return to work
- Please **do not leave our assembly area** until you are specifically accounted for and released
- cross the street safely and return to work



## When the Alarm Sounds, Find a Safe Route Out



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Find the **Orange Vest**, your Department Safety Contact:



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## Line Up in Our Safe Assemble Area, Wait to be Released:



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# Questions?

(Please remember to sign-In)

***NEXT STAFF MEETING***

**THURSDAY**

**OCTOBER 18, 2018**

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