

wavelength

October 29, 2009

Community Engagement



More than 80 campus and community members attended a Town Hall meeting Tuesday to engage and converse about needs and assets as a result of the current economic crisis, raise awareness of the impacts, and strengthen partnerships between the University and the community.

CI's Center for Community Engagement, in collaboration with the Martin V. Smith School of Business & Economics, the Political Science program, Student Government, and Ventura County Together – a community collaborative comprised of First 5 Ventura County, United Way of Ventura County, Ventura County Community Foundation, and the Community Commission for Ventura County hosted the meeting.

In this issue...

<i>News</i>	2
Mentoring Opportunities for Students	2
Helping Hand Program Available to Employees	2
Fight the Flu! 10 Ways You Can Stay Healthy at School and Work	3
Discount Ticket Prices for the New West Symphony	3
Zero-Cost Energy Savings Program Already Sees Savings	4

<i>Events</i>	5
“Day of the Dead” Celebration	5
Upcoming R.A.D. Classes – November 3, 10, and 17	5
Lacrosse Club Tournament at Biola University, Nov. 14	6
<i>Other News</i>	7
Staying Safe Online	7
<i>Around Campus</i>	8
Career Paths Explored	8
Housing Hoedown!	8
CI Spirit Wednesday!	9

Mentoring Opportunities for Students



Members of the Osher Lifelong Learning Institute are eager to share their career experiences with students who are training for similar careers. OLLI members are 50+ years old; many have retired, but all have been involved in many different careers.

They would be pleased to enter into a mentoring relationship with students regarding their future careers.

Not the academic training received in their classes, but the nuts and bolts of what it's like to be working in their field.

If you are interested in matching students in your program with OLLI members with similar career backgrounds, please contact Dr. Marty Kaplan, Osher Director of Programs, at ext. 8583 or marty.kaplan@csuci.edu.

Helping Hand Program Available to Employees

The University's Helping Hand Program has now been in place for about ten weeks. This program provides assistance to employees who may be in need during this difficult economic time and may help with food, clothing, or other necessities for members of employee households.

At this point in time we have had the privilege of assisting 12 CI families. Additionally, we have received donations to the program from nine individuals and we wish to thank them very much for stepping in to help others in the CI family.

The program is still available. Employees can contact Human Resources in Solano Hall for information or to obtain an application. Applications will also be available at the University Reception Desk in Lindero Hall, or by clicking on the following link: <http://www.csuci.edu/hr/index.htm>.

Award decisions are made by a small committee of University employees and Foundation board members. Every effort is made to keep all recipients anonymous.

Available funds are limited. Applications should be placed in envelopes and dropped in the boxes available at Human Resources or at the University Reception desk. There is no deadline and applications will be reviewed on an ongoing basis.

Anyone wishing to contribute to this fund is encouraged to do so by contacting Marti DeLaO, Director of Development, Donor Relations/Annual Fund, at ext. 8919 or marti.delao@csuci.edu.

Fight the Flu! 10 Ways You Can Stay Healthy at School and Work

You can protect yourself and others by following these action steps:

1. **Wash your hands often** with soap and water for 20 seconds, or use an alcohol-based hand rub if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.
2. **Avoid touching your nose, mouth, and eyes.** Germs spread this way.
3. **Cover your coughs and sneezes with a tissue,** or cough and sneeze into your elbow. Dispose of tissues in no-touch trash cans.
4. **Keep frequently touched common surfaces clean,** such as telephones, computer keyboards, doorknobs, etc.
5. **Do not use other students' or employees' telephones, desks, offices, or other work tools and equipment.** If you need to use a student's or coworker's telephone, desk, or other equipment, clean it first.
6. **Don't spread the flu! If you are sick with flu-like illness, stay home.** Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, tiredness, and sometimes vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1, and have respiratory symptoms without a fever. CDC recommends that people with flu-like illness stay home for at least 24 hours after they are free of fever without the use of fever-reducing medicines. If supervisors or employees have questions about use of leave for illness or to care for an ill family member, please contact the Human Resources office at ext. 8490.
7. **Get vaccinated against seasonal flu.** It can protect you against seasonal flu viruses, but not against 2009 H1N1.
8. **Ask your doctor if you should get the 2009 H1N1 flu vaccine.** People recommended to receive the 2009 H1N1 flu vaccine as soon as it becomes available include health care workers, children, pregnant women, and people with chronic medical conditions (such as asthma, heart disease, or diabetes). People living young to be vaccinated. For more information about who should get vaccinated, visit
9. **Maintain a healthy lifestyle** through rest, diet, and exercise.
10. **Learn more.** Visit 24 hours a day, 7 days a week: <http://www.csuci.edu/studenthealth/flu.htm> or www.flu.gov.

For further information about the flu and H1N1 and what you can do to protect yourself, visit the campus Web page at: www.csuci.edu/fighttheflu, contact Student Health Services at ext. 8828, or email student.health@csuci.edu.

Discount Ticket Prices for the New West Symphony

The New West Symphony is offering discounted tickets to its concerts at the Oxnard Performing Arts Center. If you show your faculty or staff ID at the Oxnard venue box office you may purchase ticket prices for \$10, or \$14 if purchased at the Bank of America Performing Arts Center Box Office in Thousand Oaks. Tickets are best seating available. Student tickets are also \$10 for a single concert.

Please pass this information to your students, especially those in Performing Arts classes. You may also reserve your discounted tickets by contacting Sandy Galin at 805-620-2083 or sgalin@NewWestSymphony.org.

The next concert at the Oxnard Performing Arts Center is November 13 at 8 p.m. featuring Beethoven and Saint-Saens.

For more information contact Dr. Marty Kaplan, Osher Director of Programs, at ext. 8583 or marty.kaplan@csuci.edu.

Zero-Cost Energy Savings Program Already Sees Savings



In June, the University began to implement its Zero-Cost Energy Savings Program. Since that time, we have begun to see a savings in electricity bills while at the same time reducing campus green-house gas emissions.

Some of the cost-savings measures to date have been the controlling of HVAC temperatures, shutting off steam systems, powering down computers, turning off lights whenever possible, and keeping University Hall vacant.

If nothing had been done, our electricity bill would have kept increasing but after implementing the energy savings measures, the campus power consumption dropped significantly from June of 2008. This trend has continued through August. Now, it looks like the campus is on track to save 7-8% over last year's electricity expense.

The next phase of our Program will be the installation of energy-efficient lighting in several of the campus buildings. As soon as Southern California Edison's rebate application process is completed, the University will begin installation over the winter break. Kudos to Rich Paulson and Jeff Donlin (Engineering Shop), Jesse Dellinger and Guy Spevak (Electrical Shop) and the IT Department for their efforts in facilitating these sustainability activities.

For more information, please contact Pamela Abbott-Mouchou, Finance Executive Administrative Assistant at ext. 2098, or email pamela.abott-mouch@csuci.edu.

“Day of the Dead” Celebration

The Art Programs and Art History 333 classes invite the entire campus to participate in this year’s *Day of the Dead* celebration.

The campus community is welcomed to participate in the *Day of the Dead* celebration by bringing images of loved ones (or famous deceased personalities) and votive offerings to place on altars. Make sure the image is a Xeroxed copy with your name on the reverse side. The classes will set up the altars in front of Topanga Hall on Sunday, Nov.1, from 1 to 6 p.m. Everybody is welcome to participate.

The campus community is also invited to celebrate with an event on Monday, Nov. 2 in Malibu Hall 100 from 7 to 9 p.m. Refreshments, mariachi and DJ music will be provided. The event is sponsored by M.E.Ch.A., Associated Students Inc. and Chicana/o Studies.

For more information email: csucimechaclub@gmail.com.

Upcoming R.A.D. Classes – November 3, 10, and 17

Could you effectively defend yourself if attacked?

R.A.D. (Rape Aggression Defense) is the largest women’s self-defense training program in the country, being taught by more than 350 universities and municipal law enforcement departments nationwide.

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a martial arts program. Courses are taught by nationally certified R.A.D. instructors, and students are provided with a workbook/reference manual. The manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to the *free lifetime return and practice policy* for R.A.D. graduates.



The CI Police Department will be offering its fall semester RAD class on three consecutive Tuesdays November 3, 10, and 17 on the campus and is open to all CI female faculty members, students, and staff members. This is a 12 hour class (4 hours each day) and participants must attend all three sessions to complete the program. Class size is limited so sign up now at Police & Parking Services located in Placer Hall. A \$20 fee will be collected at the time of registration which will be fully refunded upon completion of the course. A waiting list is also being established so if you miss this class others will be offered in the near future.

For more information about the RAD Program at CI please contact Police & Parking Services at ext. 8430, or email Officer Dan Russ at dan.russ@csuci.edu. For more information about RAD Systems visit www.rad-systems.com.

Lacrosse Club Tournament at Biola University, Nov. 14

Congratulations to the CI Lacrosse Club on their home win against friendly rival Marymount College Saturday, Oct. 24. The Club would like to thank the 150 plus fans that attended and supported the first home competition of the 2009-2010 season. Next up is a tournament at Biola University on Nov. 14. The remaining Lacrosse schedule will be included in the next issue of wavelength.

For information on how to get involved or support the club, please contact Mark Sumell, Club President at mark.sumell213@dolphin.csuci.edu or Lisa Racine, Club Advisor at ext. 8961 or lisa.racine@csuci.edu.

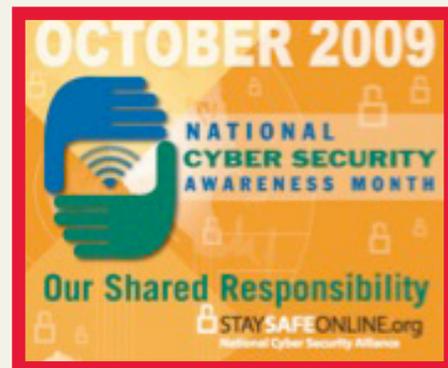


Other News

Staying Safe Online

Here are a few tips you can use to help stay safe while online:

- Don't open files from strangers.
- Protect your personal information online, on your cell phone, or in social networking sites unless it's information you're comfortable sharing with the entire world.
- Never arrange to meet someone in person you have talked to online. Stick to the friends you know.
- Protect your computer with a password, one that contains upper and lowercase letters and numbers. Make them hard to figure out. Don't tell anyone your password, not even your friends.
- Keep your antivirus and anti-spam software up to date.



Social Networking

- Be cautious about how much personal information you provide on social networking sites like Facebook, MySpace, and Twitter. The more information you post, the easier it may be for a hacker to use that information to steal your identity or access your data.
- Learn about and use the privacy settings on social networks.
- Protect your reputation on social networks. What you post online stays online forever. Think twice before posting pictures you wouldn't want your parents or future employers to see.
- Limit your social network to "real" friends; people you know, trust, and want to keep up to date about your activities. If you're trying to create a public persona as a blogger or expert, create a separate, more open profile and limit personal information there.

For more information view: www.staysafeonline.org

For more information contact Cpl. Kevin Medley, Crime Prevention Coordinator, CI Police Department at kevin.medley@csuci.edu.

Around Campus

Career Paths Explored



The Environmental Science and Resource Management (ESRM) Program at CI sponsored its first Career Development Day on Tuesday. The event provided an opportunity for students to explore the many types of professional career paths available by meeting noteworthy local professionals and asking questions. Participating vendors and experts included governmental agencies, private consultants and non-governmental organizations.



Housing Hoedown!

Are you one of the approximate 200 people who welcomed Buddy the Mechanical Bull back to campus at the Housing Hoedown Friday, October 23? Then you know how much fun we had line dancing, playing carnival games, enjoying mini-donuts, nachos, and sliders and taking in the ambiance of the wild-wild west! Thanks to all our partners and residents who helped make this event a success.

CI Spirit Wednesday!



The Spirit Squad, including members of Communication & Marketing, made the rounds Wednesday and were pleasantly surprised to see so much campus spirit exemplified. Winners of the \$5 spirit coupons, good for purchases from Tortillas, Subway, Islands Café and Element Coffee were randomly selected from various locations throughout campus. Make sure to wear your spirit-wear every Wednesday this semester – and you just may be a winner!

Share your news – wavelength the campus communication vehicle

wavelength is an electronic, internal newsletter that helps strengthen internal communication and participation across the University through timely updates on campus developments and activities.

This publication is sent out via e-mail every other Thursday.

If you have information you would like shared throughout the campus email it to wavelength@csuci.edu. Items should be submitted by 5 p.m. Monday prior to the Thursday publication date. We encourage your participation, input, and suggestions as we consider this your newsletter and invite you to share with your campus colleagues.