Cedar Rapids, a vibrant urban hometown - a beacon for people and businesses invested in building a greater community now and for the next generation.

Employee News

New Employees

Sara Danielson, TRANSIT – Transit Driver effective July 25. Sara joins the City of Cedar Rapids from St. Matthew Catholic Church in Cedar Rapids.

Employee Promotions & Transfers

Justin Koller, PW – Sewer Operations Manager effective July 25. His previous position was Utilities Process & Facility Engineer I with Utilities (Water).

Retirees


Patricia Pfiffner, DS – retiring Aug 15. Pat started with the City Aug 15, 1996. Her current position is Administrative Assistant I.

Employees photos & contact info can be found on CR@Work or at the following link:
http://cratwork/Pages/EmployeeDirectory.aspx

Lucas Pump, DS - Housing Inspector recently earned his Commercial Mechanical Inspector certification.
Employment Opportunities

Employees are welcome to apply for any open positions and are also encouraged to share the job openings with anyone who may be interested in joining the City. Positions highlighted in yellow are newly posted this week.

If you have questions about any of the opportunities, please contact Jenelle Sisneros, 286-5001.

<table>
<thead>
<tr>
<th>Seasonal Positions / Internships / Partner Organization Opportunities</th>
<th>Administrative Assistant I-Airport</th>
<th>Aug 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employees are welcome to apply for any open positions and are also encouraged to share the job openings with anyone who may be interested in joining the City. Positions highlighted in yellow are newly posted this week. If you have questions about any of the opportunities, please contact Jenelle Sisneros, 286-5001.</td>
<td>Finance Business Manager</td>
<td>Open Until Filled</td>
</tr>
<tr>
<td>Seasonal Positions</td>
<td>Housing and Healthy Homes Specialist</td>
<td>Open Until Filled</td>
</tr>
<tr>
<td>Parks Seasonal Positions</td>
<td>Library Customer Service Associate (19 hr.)</td>
<td>Aug 12</td>
</tr>
<tr>
<td>Recreational Seasonal Positions</td>
<td>Library Shelver (19 hr.)</td>
<td>Aug 12</td>
</tr>
<tr>
<td></td>
<td>Utilities Process &amp; Facilities Engineer I/II</td>
<td>Aug 5</td>
</tr>
<tr>
<td></td>
<td>Water Plant Operator I</td>
<td>Aug 5</td>
</tr>
</tbody>
</table>

Golf Seasonal Positions | Open Until Filled
Parks Seasonal Positions | Open Until Filled
Recreational Seasonal Positions | Open Until Filled

2016 ANNUAL
CITY OF CEDAR RAPIDS / LINN COUNTY EMPLOYEES
HEALTH & SAFETY FAIR

- Health and Wellness Vendors
- Free Lunch
- Door Prizes
- Recycling Center
- Safety Vendors
- Benefit Vendors
- Locally Grown Organic Food Vendors

THURSDAY, SEPTEMBER 15

TIME: 11 a.m. - 2 p.m. | LOCATION: Jean Oxley Linn County Public Service Center
935 Second Street SW

This event is eligible for wellness hours (up to a max. of 5 hrs/yr) and/or flex hours. Please check with your supervisor to coordinate attendance.

Contact Marilyn Fitzgerald with any questions:
m.fitzgerald@ceo-lcaps.org | x3050

Sponsored by the Linn County Health Awareness Team, Linn County Safety Committee and the City of Cedar Rapids Wellness Ambassadors.
Blue Zones Project® is all about making healthy choices easier in Cedar Rapids. One way to do that is through improving our streets, trails and other infrastructure — what we call the built environment. Be sure to share your input on projects currently underway in Cedar Rapids: ReZone Cedar Rapids, Collins Road and Mt. Vernon Road Corridor Improvements. Visit http://www.cedar-rapids.org/local_government/departments_a_f/community_development/index.php for more information.

Did you know, communities can actually be designed for well-being?
These are places that support the vitality of citizens by making it easy to bike or walk, and naturally encouraging citizens to explore their surroundings.

You may already be noticing features in your community that influence your well-being: sidewalks, parks, outdoor dining areas, or smoke-free areas.

Blue Zones Project® challenges you to explore your community and find a new place to enjoy.
Discovering something new can be a lot of fun, and you don’t have to do it alone. Recruit a friend to join you in boosting your well-being.

While you’re out and about, why not take a photo, upload it, and tag us on Facebook
While exploring, think about how the community influences your well-being. This could include things like accessibility, safety, or the people you observe socializing. Maybe your community offers an event that you’ve been hesitant to attend — like a plant-based cooking class. Maybe there’s a Blue Zones Restaurant® you haven’t tried. Maybe there’s an organization or cause you’ve always thought about volunteering with. Now is the time to discover more ways to enjoy a healthier, happier life.

It’s time to get out and see why your community is a great place to live, work, and play!
IT ServiceDesk

The IT ServiceDesk has been set up as a single point of contact to assist in routing technology requests and is available to all employees supported by the Cedar Rapids Information Technology Department. Training opportunities in using the ServiceDesk will appear in the next newsletter.

There are three methods for contacting the IT Service Desk:

- Phone 286-5500
- Emailing ITsupport@cedar-rapids.org
- ServiceDesk Portal http://ITSupport

The ServiceDesk Portal is an online access to submit and monitor status of requests. As a feature in the ServiceDesk, the Request Catalog offers quicker templates that are setup for specific requests. The Request Catalog assists in quickly gathering the needed information for faster response times.

Request Catalog Types

- **Email**
  - New Distribution Group
  - Add/Remove Member

- **Equipment**
  - Request for Equipment
  - Request for Loaner Equipment
  - Request for Radio

- **New Reports**
  - New Report
  - EnerGov Report

- **Phone Services**
  - Request a Single Business Line
  - Request Cellular Device
  - Request Long Distance Code
  - Request to Deactivate Cellular Service
  - Request to Deactivate Line or Circuit

- **Services**
  - Meeting/AV Setup

- **User Management**
  - Request Employee Change
  - Request for Employee Termination
  - Request for New Hire

As we wish Paul Cross success in his transfer to the Library, we know that many users contacted him directly and want to encourage everyone to use the Service Desk options so that IT can continue to provide the high level of customer service that you are used to.
2016 Community Cultural Events and Celebrations: August-September

During the 2016 Summer and Fall seasons, community members have organized a variety of multicultural activities for the Greater Cedar Rapids Area. Many events are designed to provide cross-cultural engagement opportunities through the performing arts, good food, and tons of fun. Many of the events are free and details can be found on the internet. We are proud to share a wide variety of multicultural events City employees. Please consider attending the events list.

<table>
<thead>
<tr>
<th>August 2016</th>
<th>September 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 26</td>
<td>September 9</td>
</tr>
<tr>
<td>Kirkwood Outreach &amp; Training Center 3375 Amar Drive, Marion Iowa</td>
<td>Five Seasons Stand Down</td>
</tr>
<tr>
<td>Cost: $10 in advance ($12 at the door)</td>
<td>Veteran’s Memorial Stadium</td>
</tr>
<tr>
<td>$6 Students and Senior Citizens</td>
<td>8th Avenue &amp; Rockford Road SW</td>
</tr>
<tr>
<td>Contact: <a href="mailto:info@womensequalitycoalition.org">info@womensequalitycoalition.org</a></td>
<td>Cedar Rapids, Iowa</td>
</tr>
<tr>
<td></td>
<td>Contact: <a href="mailto:ann.hearn@linncounty.org">ann.hearn@linncounty.org</a></td>
</tr>
<tr>
<td></td>
<td>September 18</td>
</tr>
<tr>
<td></td>
<td>Festival Latino</td>
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<tr>
<td></td>
<td>May’s Island</td>
</tr>
<tr>
<td></td>
<td>2nd Avenue Bridge</td>
</tr>
<tr>
<td></td>
<td>Cedar Rapids, Iowa</td>
</tr>
<tr>
<td></td>
<td>2:00 PM - 7:00 PM</td>
</tr>
<tr>
<td></td>
<td>Contact: <a href="mailto:imoffitt@youngparentsnetwork.org">imoffitt@youngparentsnetwork.org</a></td>
</tr>
</tbody>
</table>

Department Directors, if you are interested in having a booth at one or more of these events, please reach out to the organization’s point of contact listed above.
AUGUST WELLNESS CHAMPIONS
Quarter 1 & 2 Overall Activity Challenge Leaders

Dan Lubben - Fire Department
Mike O’Neill - Parks/Rec Athletic Program Supervisor
Jeffrey Schmidt - Gardner Golf Course
Todd Henderson - Fire Department

Wellness Champion Accomplishment
These individuals have been consistent leaders in the number of miles logged between quarter 1 and quarter 2 in the 2016 Activity Incentive Program.

How do you fit your activity into each day? Do you have any advice for others who may be trying to fit more activity into their day?

Dan: Each day is a little different; it depends if I’m at work or if it’s my day off. Both tend to start out the same, 30 minutes of stretching both upper and lower body. Then I try to make my 5 am workout at FXB. This time of year I usually head to the golf course around 9 am if I’m not instructing at FXB. I walk almost 90% of the time when I golf, it helps my game and if I play bad at least I got a good walk in. When I’m at work I try to get up and move around every hour for at least 10 to 15 minutes. My step goal is 16,000 steps a day. If I can reach it before 3 pm I know it’s going to be a great day. Set a goal, it can be using your Fitbit, workout class, walk around the neighborhood or playing a sport you like. The Fitbit is nice because it’s like having a coach there telling you how close you are to reaching your target (steps for the day). You will find yourself parking further away from the entry doors at the store, walking to the mail box to get the mail instead of driving up to it. Going for a walk with your wife at night when it cools down outside and yes sometimes even getting ice cream.

Mike: To start, try and get up 15 minutes earlier each morning and go for a walk. Add 5 minutes each week till you hit 30 minutes. Do the same at the end of the day. You will be amazed how much stronger you will feel after a few short months.

Jeff: My job at Gardner Golf Course keeps me very active. So fitting activity into my day is automatic.

Todd: I work a second job at Grainger; it’s in the warehouse so I walk stocking and shipping out items. I also mow for several elderly people in my neighborhood and use just a push mower. The one thing I do like to do is ride my bike or walk instead of driving my car to work or run errands.

What motivates you to stay active?

Dan: I have several things that help me to stay active. I enjoy practicing and playing golf, it’s a sport you don’t have to be good at to enjoy. I started doing Triathlons about 9 years ago and enjoy the training more than the race itself. I get nervous until I get in the water and start the race. My goal is to try and beat Jason Aarhus and Julie Popelka. I don’t tell but, I think they know. I have 10 years to go before I plan to retire from the Fire department and the job keeps getting tougher and tougher each day. I know that I need to stay in shape to be able to walk out the door when I retire and continue to play golf and compete in triathlons.

Mike: Good health. I have come to realize that it must be earned and is not achieved by simply waking up each morning. We cannot take our health for granted; it’s hard work to stay healthy and there are no short cuts.

Continued on following page.
What motivates you to stay active? (continued)

**Jeff:** I enjoy working hard to take care of the golf course. Working outdoors is what motivates me each day.

**Todd:** I love my job and need to stay in shape to do it well and not be a liability for the rest of my crew.

Please share some advice to others who may be trying to accomplish a similar goal.

**Dan:** Make your goal realistic and be willing not to give up when you don’t reach certain goals. Remember that the goals you set are your goals and no one else’s. If you reach your goal and it was too easy, bump it up a bit. Get your family, friends and co-workers involved with what you are trying to accomplish. They can be a great source of inspiration and with their help you will be surprised what you can do. One thing to remember is not to get carried away with it, make it fun and enjoyable and you will do just fine.

**Mike:** Take responsibility for your health, a few changes in your life style can make a big difference. You can do it! The City provides many opportunities through our Wellness programs, take advantage of them. Make a time investment in yourself; with a little discipline and hard work you will be surprised on how much you can achieve.

**Jeff:** Any investment in wellness benefits you personally, but also impacts your friends and family. You have a positive influence on others when you stay active.

**Todd:** Little things count - walk instead of drive, park farther away from stores when you run errands, take the steps and take a walk after dinner instead of sitting down and watching TV. It’s all things you have heard before but they work!

Save the Date for our 26th annual event

*Especially for You® Race Against Breast Cancer*

**Sunday, October 9, 2016**

at Mercy’s Hall-Perrine Cancer Center in Cedar Rapids

Online registration is now open.

[Please click here to register online as a participant on the City of Cedar Rapids team](#).

Contact Dawn Kolosik, Building Services, at 286-5577 with any questions about this year’s race.
Free and open to the public, stop by the Veterans Memorial Building to view the return of the model airplanes that were previously on display at the Eastern Iowa Airport for almost 50 years. Everyone can enjoy these models now located in the lobby of the 4th floor Chambers. “In Flight: The Horsky Collection of Model Airplanes” will take an in-depth look at Major Robert M. Horsky; United States Air Force Veteran who was born and raised in Cedar Rapids and carefully crafted each model. While serving as a pilot in his third war, Horsky was shot down and perished over the skies of Vietnam in 1965. These model aircraft remain a testament to the memory of Robert M. Horsky and his keen interest in scale-plastic modeling. The models are considered rare by today’s standards.
Anxiety & Depression Coping Skills Group

Learn positive coping skills to decrease feelings of anxiety & depression in a FREE and confidential group setting.

2nd Tuesday of each month
12:10 – 12:50pm
(Bring your lunch)
Mercy Family Counseling
1340 Blairs Ferry Rd, Suite A, Hiawatha
Please call with questions: 398-6575

IPERS is coming to Cedar Rapids for Individual Counseling Sessions.

Call early to reserve your time slot -- appointments fill up quickly.
Where: Residence Inn 1900 Dodge St NE
Who should register for an appointment? Anyone nearing retirement with questions on their IPERS accounts.
How to Register: Call 1-800-622-3849
Please have your Member ID, Spouse’s Date of Birth (if married) & potential retirement dates ready for the Benefits Officer when you call.

**Appointments are 30 minutes each and are by appointment only. IPERS will send out estimates prior to the appointment. Please bring those estimates to the appointment.
Purchasing Contract Spotlight

Marking Paint and Stake Wire Flagging

Did you know that the City has a contract with Campbell Supply Co. to provide all types of Marking Paint and Stake Wire Flagging? The contract was bid to establish competitive firm fixed pricing for every City department so that employees can purchase these items on an as-needed basis with free delivery and no need to spend time shopping around. If for any reason the items on this contract do not meet your needs, please contact Purchasing Services before making your purchase elsewhere. The current contract information and pricing as shown below is posted on CR@Work under Purchasing Contracts in the Facilities Management Category:

**MARKING PAINT, CONTRACT #1212-124**

| Vendor: | Campbell Supply Co. |
| Vendor Contact: | Scott Harms @ 319-365-0991 or sharms@campbellsupplyco.com |
| Contract Term: | 01/01/2016 through 12/31/2016 |
| Contract Administrator: | Heather Mell @ 286-5117 |

<table>
<thead>
<tr>
<th>Description</th>
<th>Size</th>
<th>Price/Can</th>
<th>Units/Case</th>
<th>Cost/Case</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Based Seymour Brand Upside Down Paint – Any Color</td>
<td>20 oz</td>
<td>$2.52</td>
<td>12</td>
<td>$30.24</td>
</tr>
<tr>
<td>Solvent Based Seymour Brand Upside Down Paint – Any Color</td>
<td>20 oz</td>
<td>$2.52</td>
<td>12</td>
<td>$30.24</td>
</tr>
<tr>
<td>Water Based Seymour Brand Trigger Cap Paint – Any Color</td>
<td>20 oz</td>
<td>$3.23</td>
<td>12</td>
<td>$38.76</td>
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<tr>
<td>Solvent Based Seymour Brand Trigger Cap Paint – Any Color</td>
<td>20 oz</td>
<td>$3.72</td>
<td>12</td>
<td>$44.64</td>
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<tr>
<td>Water Based Seymour Brand Traffic Marking Paint – Any Color</td>
<td>20 oz</td>
<td>$3.23</td>
<td>12</td>
<td>$38.76</td>
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<tr>
<td>Solvent Based Seymour Brand Traffic Marking Paint – Any Color</td>
<td>20 oz</td>
<td>$3.72</td>
<td>12</td>
<td>$44.64</td>
</tr>
</tbody>
</table>

Delivery time after order is placed: 1-7 business days

Campbell Supply will honor prices for marking paint picked up at the store - You must state the City contract

**STAKE WIRE FLAGGING, CONTRACT #1212-124**

| Vendor: | Campbell Supply Co. |
| Vendor Contact: | Scott Harms @ 319-365-0991 or sharms@campbellsupplyco.com |
| Contract Term: | 01/01/2016 through 12/31/2016 |
| Contract Administrator: | Heather Mell @ 286-5117 |

<table>
<thead>
<tr>
<th>Description</th>
<th>Size</th>
<th>Price/Flag</th>
<th>Units/Case</th>
<th>Cost/Case</th>
</tr>
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<tbody>
<tr>
<td>Stake Wire Flagging, Presco Brand – 4” x 5”, No Printing</td>
<td>21”</td>
<td>$0.0945</td>
<td>1000</td>
<td>$94.50</td>
</tr>
<tr>
<td>Stake Wire Flagging, Presco Brand – 4” x 5”, No Printing</td>
<td>30”</td>
<td>$0.1125</td>
<td>1000</td>
<td>$112.50</td>
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<tr>
<td>Stake Wire Flagging, Presco Brand – 5” x 8”, No Printing</td>
<td>30”</td>
<td>$0.1335</td>
<td>1000</td>
<td>$133.50</td>
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<tr>
<td>Stake Wire Flagging, Presco Brand – 4” x 5”, Printed</td>
<td>21”</td>
<td>$0.1070</td>
<td>1000</td>
<td>$107.00</td>
</tr>
</tbody>
</table>

Delivery time after order is placed: 10-14 business days for printed flags and 1-7 days for non-printed flags

Campbell Supply will honor prices for flags picked up at the store - You must state the City contract

**ATHLETIC FIELD MARKING PAINT, CONTRACT #1212-124**

| Vendor: | Sherwin Williams |
| Vendor Contact: | Dewayne Hughes @ 319-530-2278 or swrep4154@sherwin.com |
| Contract Term: | 01/01/2016 through 12/31/2016 |
| Contract Administrator: | Heather Mell @ 286-5117 |

<table>
<thead>
<tr>
<th>Description</th>
<th>Size</th>
<th>Price/Pail</th>
<th>Units/Case</th>
<th>Cost/Case</th>
</tr>
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<tbody>
<tr>
<td>Sherwin Williams Mautz Athletic Field Marking Paint</td>
<td>5-gal pail</td>
<td>$46.50</td>
<td>1</td>
<td>$46.50</td>
</tr>
</tbody>
</table>

Delivery time after order is placed: 1 business day

This contract has one one-year renewal option remaining, so marking paint will be going out for bid in the fall of 2017 to establish a new contract effective January 1, 2017. If you have any specific concerns or needs regarding these items that should be included in future specifications, or know of vendors who you would like to have added to the vendor list please contact Heather Mell in the Purchasing Services Division at 286-5117 or h.mell@cedar-rapids.org.