



## **Campus Update, June 2013**

### **April 2013**

#### **Daughters and Sons of Staff Enjoy a Day of Science at the Lab**

112 children between ages 9 and 16 visited the Lab as part of Daughters and Sons to Work Day, a national program to bring youngsters to the workplace to explore possible careers opportunities. Attendees participated in a number of science-related activities, as well as an exercise in sustainability, where teenagers learned about waste diversion practices. Participants represented 39 elementary schools, 19 middle schools, and eight high schools from 17 different school districts. This was the 19th year the Lab's Center for Science and Engineering Education has organized this event with the logistics provided by volunteer Lab staff.

#### **Guest House Hosts Ice Cream Social for Administrative Professionals Day**

To show appreciation for the Lab's hardworking administrative staff, the Guest House hosted an ice cream social on Wednesday, April 24, from 1 to 3:30 p.m. Attendees made their own sundaes while enjoying ice tea and other beverages from Peet's Coffee. Supervisors or co-workers who wanted to go the extra mile purchased chair massages for their admins.

### **May 2013**

#### **Stress Management Workshop for Staff**

On Thursday, May 2, the Lab hosted an experiential workshop on Mindfulness Based Stress Reduction (MBSR) techniques for managing stress. Free to all Lab staff, the workshop is based on the research of John Kabat-Zin; MBSR techniques have been shown to positively impact stress, anxiety, pain and markers of immunity. Designed to increase awareness among the staff while reducing stress-related problems, this simple approach can be easily learned and applied in the workplace and at home.

#### **Free Taxi Service Discontinued**

In 2010, the Laboratory contracted with Friendly Cab for an off-hours taxi service that provided free rides to staff and affiliates during the non-operational hours of the shuttle service. Effective May 31, due to budgetary constraints, this free service will be discontinued. Past this date all taxi rides will be at the expense of the rider. However, an off hours ride home program is available to all staff through the Alameda County Guaranteed Ride Program.

### **June 2013**

#### **LBNL Staff Association to form with the LBNL Diversity and Inclusion Council**

The LBNL Diversity & Inclusion Council is made up of employees appointed by their respective division director to provide feedback to senior management and their division on diversity related issues. The council meets monthly and works on special initiatives to strengthen the diversity culture at the Lab. As an organization that deals with inclusion, senior management felt that the LBNL Staff Association was a natural fit to work with the group to bring forward staff related issues. The D&I Council has access to Lab staff in every division therefore information can be strategically provided to as many staff as possible and more meaningful feedback can be gathered. An amendment to the D&I charter is currently being written to include the Staff Association as part of this group's charge which adds CUCSA business as a permanent agenda to the monthly meeting.

**Campus Update contact: Ellen Ford, [EFord@lbl.gov](mailto:EFord@lbl.gov)**