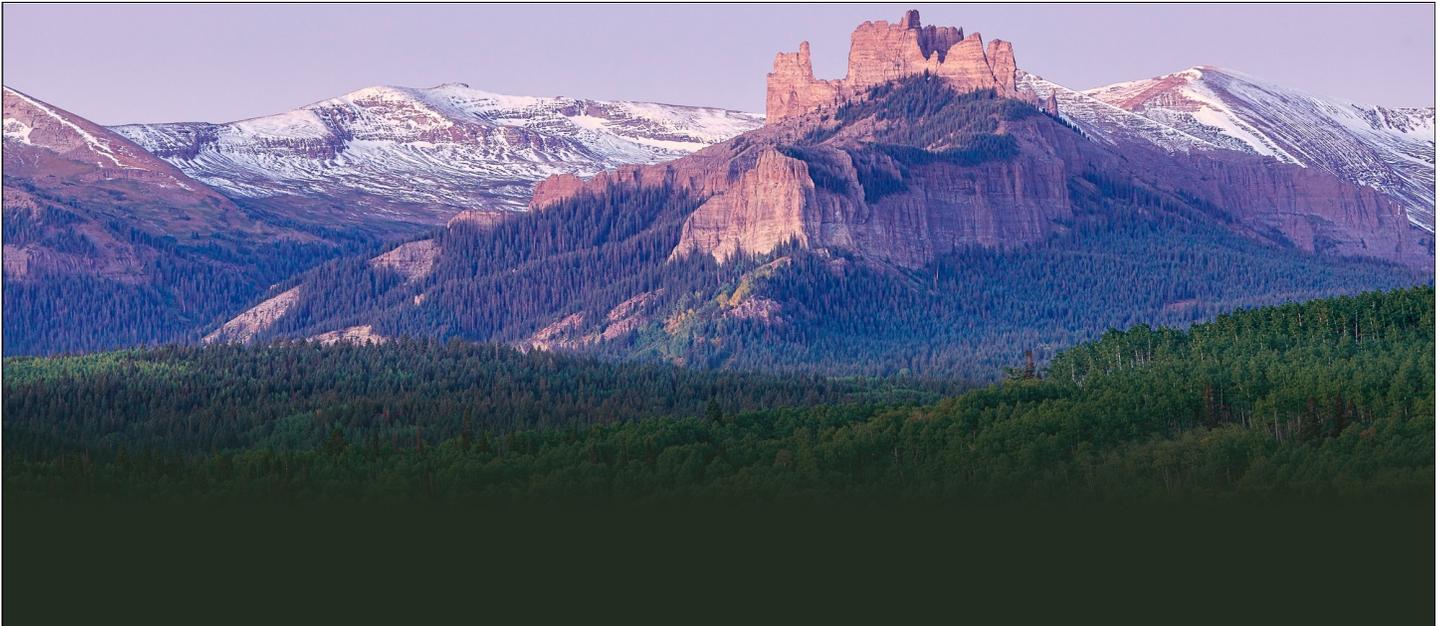




# EMPLOYEE NEWSLETTER

Gunnison County Employee Newsletter

October 2016



**Trivia:** What is the total land area in square miles of Gunnison County? (See back page for answer)

## In This Issue . . .

- County Trivia
- Advice/Fun Facts
- Department Updates
- Employee News and Photos
- Employee Discounts
- Upcoming Holidays
- 2017 Holiday Schedule

## Awards



Government Finance Officers Association

It's not easy, but Linda and her staff make it look that way - - this is the sixth straight year that we have won GFOA's Distinguished Budget award!! For more info, visit <http://www.gunnisoncounty.org/CivicAlerts.aspx?AID=85>.

## Annual Flu Clinic

If you missed the recent flu clinic in Gunnison, you have one more "shot" this season! Public Health staff will be at the Crested Butte Town Hall on **Thursday, 10/20 from 2-6 pm**. County insurance covers the cost, and the vaccines are recommended and encouraged for all staff.



## Stressed at Work? **Five Ways to Reduce Stress at Work**

Learning you are stressed and noticing the signs can be one of the first ways to begin to reduce stress. Less stress in your life means higher productivity, better concentration, and over all increased happiness at work and at home. Learn some quick easy ways to reduce workplace stress – become stress-less!

1. **Stress-Less**— Be sure to build in short 2 minute breaks throughout the day to create a “stress-less” workplace schedule. Sit back in your chair, take a seat, stand up, stretch, or breathe at intervals during the day. This self-check-in will help clear your mind and let you focus energy on your work.
2. **Power Off**—At the end of a busy work day take some time maybe after 6pm or 8pm to “unplug”—turn off your phone, computer, and other electronic devices. We are always connected, take a moment to be present. You can do this at lunch as well, try to no answer emails or the phone. Take some time on your lunch break to walk, talk with co-workers, or read a book.
3. **Talk It Out**— If you are feeling stressed at work take a moment to talk it out with a co-worker, friend, or someone like-minded you trust. Sometimes all it takes is getting it off your chest or bouncing ideas of a friend to feel relieved.
4. **Make Moves**— Make moves to take a walk at lunch, hit the gym before or after work, or get on your bike if you sit at a desk for a large part of the day. Movement can help reduce your stress levels and clear your head. Make moves to take a rest, if your job requires you to be on your feet all day to stretch on your lunch break, go to yoga before or after work, or just simply take a seat.
5. **Snack Smarter**— Make food choices that keep you moving. Small snacks throughout your day that keep your blood sugar at an even level can help you stay focused and motivated. Fruits, mixed nuts, or veggies in hummus are great healthy snack ideas. Don’t forget to drink plenty of water too!

Source: Health Links, *Stress Management Best Practices You Can Adopt in the Workplace*. Source: [www.thehelpguide.org](http://www.thehelpguide.org) via Emily Mirza.

## Fun Facts

- Pteronophobia is the fear of being tickled by feathers!
- The average woman uses her height in lipstick every 5 years!
- Cherophobia is the fear of fun!
- Bubble wrap was originally intended to be used as wallpaper!
- The expiration date on water bottles is for the bottle, not the water!
- The average person spends 6 months of their lifetime waiting on a red light to turn green!
- One in every five adults believe that aliens are hiding in our planet disguised as humans!
- You breathe on average about 8,409,600 times a year!
- Armadillos almost always give birth to quadruplets!
- Over 2,500 left-handed people a year are killed from using products made for right-handed people!

## Personal Defense

Would you know what to do if this guy threatened the safety of people in your building? If you can’t run, and you can’t hide, would you know how to fight?



There are still a few openings for SO Patrol Sergeant Mark Mykol’s next personal defense training class scheduled for 11/1, 11/8 and 11/15 (1-5 pm each day). Key takeaways from the free training include:

- Where and how to physically strike an aggressor.
- Identifying and using improvised weapons.
- Disarming aggressors (knife, gun, etc.).

To sign up, contact Katherine Haase at 970-641-7601 or [khaase@gunnisoncounty.org](mailto:khaase@gunnisoncounty.org). The Run, Hide, FIGHT video can be seen at <https://www.youtube.com/watch?v=5VcSwejU2D0>.

# Courthouse Energy Performance Update

Submitted by John Cattles, Facilities and Grounds Director

Facilities recently compared the energy use of the new courthouse building with that of the old building. The size of the new building is slightly smaller than the old one but the useful, actual occupied space in the new building is larger. So comparing the two isn't perfect but it's the best comparison we have. Here's how it shaped up:



## Old Courthouse

**Energy Source(s):** Natural gas fired boilers- hot water heating electric pumps  
**Energy used annually:** 3,355.51 mmBtu  
**Comfort Level:** Not Great.



## New Courthouse

**Energy Source:** Ground source heat pumps (Geothermal) powered electrically  
**Energy used annually:** 999.17 mmBtu  
**Comfort Level:** Great!

Note: mmBtu = 1,000 British Thermal Units. mBtu = 1,000,000 British Thermal Units.

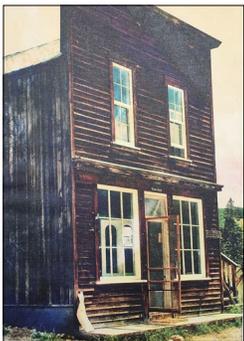
The new facility uses less than 1/3 of the total energy that the old one did. That's an incredible savings and to top it off the comfort level in the new courthouse is much better than that of the old.

According to the U.S. Energy Information Administration the average commercial building uses 90 mBtu per square foot annually, the Gunnison County Courthouse uses 24. Given our climate has one of the highest heating rates in the country as measured by heating degree days, the performance of the building compared to national averages is even more impressive.

During the planning stages of the project the County took extra steps to really analyze the potential for geothermal, not just relying on the design team to do a cost benefit analysis; staff were directed to research, find similar cases for comparison, and consult with local engineering firm REG. The result was an estimate of energy use compared to using traditional heating and cooling methods which favored geothermal over the long term and a confidence that the system would perform well in our climate. There are always some unknowns and risks, this educated risk on the choice to utilize geothermal heat pumping has really paid off and will continue to reap benefits for the County for decades. <https://www.eia.gov/consumption/commercial/reports/2012/energyusage/>

## Other Courthouse Tidbits

Gunnison County is proud to display local artwork throughout the courthouse. Some belong to the County, and some are available for purchase! Look for the sale information below the pieces, and contact the Gunnison Gallery at (970) 641-6111 if you're interested in buying any of them.

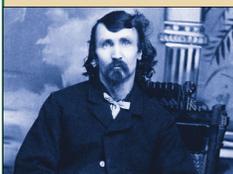


Pictured on the Left: This hand-embellished image on canvas by Renata Sieck can be purchased for \$335.

## ALFERD PACKER JURY CHAIRS

In June 1886, these chairs were used by the jury during Alferd Packer's murder retrial.

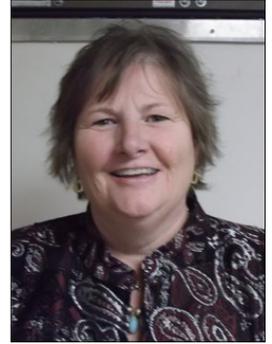
On February 9, 1874, Alferd Packer and five other men departed the camp of Ute Chief Ouray (near present-day Montrose) and set out for Gunnison. The group wasn't able to make it past present-day Lake City. Alone, Packer was later seen in April of that year and began providing conflicting accounts of what happened to the other men (their remains were later found), though he later confessed to killing at least one of them. In April 1883, after escaping from custody and hiding for nine years, he was convicted and sentenced to



death by hanging. After a successful appeal and a new trial in June 1886, he was sentenced to 40 years in the state penitentiary. He was paroled in 1901, and he died in 1907 at the age of 64. A veteran of the Civil War, he was buried at government expense.

## Health and Human Services Update

Submitted by Joni Reynolds, HHS Director



- HHS has developed a new Strategic Plan that will support the department's work and prioritize Healthy Families in Healthy Communities through an integrated service model.
- We received a small grant to pilot "Project Job Readiness" to provide direct client assistance to obtain employment and self-sufficiency!
- Many staff attended the Mental Health First Aid training held in June in the HHS conference room. This exceptional training is a requirement for all HHS staff. Any county employee can attend the trainings, next one will be scheduled at HHS in the Fall/Winter 2016.
- Vital records audit results were 97.1% compliance - Randy Morgan and her entire team are doing exceptional work!
- Foster home audit results were 100% compliance - Selenia Rascon is doing impressive work!

### Recent Employee News

Alicia Corliss was hired as an Accountant.

Brooke Furimsky was hired as a Senior Resource Specialist in our Senior Resources unit. Brooke has already been certified for Adult Protection services as she completed the APS Academy.

Holly Hedstrom was hired in the Child Welfare unit and has obtained provisional certification as a Child Welfare caseworker.

Heidi Lovett was hired as a new Consumer Protection specialist and will be working with restaurants and food safety.

Lauren McLaughlin was hired as an Eligibility Technician on the Public Resources unit.

Brian Gage was hired as an Eligibility Technician on the Public resources unit.

April Sparks is now fully certified as a Child Welfare caseworker.

Ruediger Richter was hired as a Heavy Equipment Operator.

David Moss was hired as a Landfill Equipment Operator.

Corrine Jaeger was hired as an ECC Coach/ECC Navigator.

Cathie Pagano was promoted to the position of Director for the Community and Economic Development Department.

### Future County Employees?

On 9/12, Bobbie and Joe Lucero welcomed Orion Olaf Lucero into the world. He weighed in at 6 lbs. 2 oz. and was 19 1/2 inches long.



## Employee Discounts

### Employee Cell Phone Discounts

*As an employee of Gunnison County you may be eligible for a discount on your [AT&T](#) and [Verizon](#) cell phone charges. You will need to use your [@gunnisoncounty.org](mailto:@gunnisoncounty.org) email address to qualify for the county benefit.*

### Microsoft Office Home Use Program

*As an employee of Gunnison County you may purchase a copy of the Office suite for your home computer at a much reduced rate of \$9.95. [Download the instructions.](#)*

## Emergency Management Reminders

### CodeRED

Register with the "CodeRED" Wireless Emergency Notification System to receive emergency notifications by recorded message, text message and/or email. The "CodeRED" Wireless Emergency Notification System is used for emergency alerts regarding evacuations, sheltering in place, weather conditions, etc. A text message will be sent to your mobile number **and/or** email outlining the nature of the emergency. Download the mobile app to receive notifications of emergencies based on your location. Please take a moment to verify, update, or register the appropriate information to begin receiving emergency notifications. Scan the QR Code on the right or visit the website at <https://public.CodeREDweb.com/cne/en-US/BF7ED953CC69>



### Notify Me!

Visit the Gunnison County website at [www.gunnisoncounty.org](http://www.gunnisoncounty.org) to subscribe to Notify Me! so that you will receive emergency notifications (text message and/or email). Notifications you receive from Notify Me! will pertain to the local area and Gunnison County ONLY.



### Facility Dude Safety Center

Safety Center is a system that is used to house all of the safety plans and can be easily accessible by all County employees. Download the app to your smartphone:

- Access the app store on your smartphone.
- Search for **Safety Center**. Install the app.
- **Or**, if you have a QR code reader on your smartphone, scan one of the codes above to locate the app in the store and then install it.
- Create an account. & upload your department's safety plan.

iTunes App Store for Apple devices:



Google Play for Android devices:



## CCOERA Retirement Meetings

CCOERA Regional Client Services Manager Mike Whalen will be providing individual meetings for employees at the County on 10/18 and 10/19. Topics covered will be:

- Retirement Benefits Overview
- Developing a Healthy Perspective About the Markets and Your Investments
- Account and Investment Review
- Personalized Retirement Worksheet to Estimate Retirement Income

### Tuesday, October 18

- ⇒ 7:00 am to 9:30 am: Public Works (for Public Works employees only, first come, first served)
- ⇒ 10:00 am to 12:00 pm: O'Leary Building
- ⇒ 1:00 pm to 5:00 pm: Courthouse

### Wednesday, October 19<sup>th</sup>

- ⇒ 8:00 am to 11:30 am: Courthouse
- ⇒ 12:30 pm to 3:30 pm: Blackstock Building

Contact Heather Lindsey at (303) 713-9400 to schedule an appointment.



## 2017 Holiday Schedule

- Monday, January 2nd; New Year's Day (observed)
- Monday, January 16th; Martin Luther King Jr.'s Birthday
- Monday, February 20th; Washington's Birthday
- Monday, May 29th; Memorial Day
- Monday, July 3rd; Day Before Independence Day
- Tuesday, July 4th; Independence Day
- Monday, September 4th; Labor Day
- Friday, November 10th; Veterans' Day (observed)
- Thursday, November 23rd; Thanksgiving Day
- Friday, November 24th; Day after Thanksgiving
- Monday, December 25th; Christmas
- Tuesday, December 26th; Day after Christmas

## FYI Shorts

- Cottonwood Pass Road Construction Project—scheduled to begin in the spring of 2017 or 2018 and last through fall of 2018 or 2019. For more info: <http://www.gunnisoncounty.org/CivicAlerts.aspx?AID=66>.
- 2017 Gunnison County Budget—the public hearing is scheduled for 12/6 at 7:30 pm with adoption on 12/15.
- Airport Runway Closures—the runways will be closed 4/10/17 thru 5/15/17 for maintenance. Nighttime maintenance is scheduled to take place 7/22/17 thru 8/4/17, which may create noise issues.
- Election Dates—ballots will be mailed on 10/17 to all eligible voters (must have residency by this date), and the last day to apply for a ballot is 11/8. To register to vote online at [www.GoVoteColorado.com](http://www.GoVoteColorado.com) or stop by the Clerk & Recorder's Office.
- Choice Pass—scholarship deadline for the recreation center and the ski pass is 11/10, recipients will be announced by 11/23! Also, CBMR will be at Gunnison Middle School from 3-6 pm on 11/1 for Choice Pass students to pick up their passes. For more information, contact GCSAPP at 642-7396.



## Upcoming County Holidays

(offices will be closed)

- Friday; November 11<sup>th</sup>  
Veterans' Day
- Thursday; November 24<sup>th</sup>  
Thanksgiving Day
- Friday; November 25<sup>th</sup>  
Day after Thanksgiving
- Friday; December 23<sup>rd</sup>  
Day before Christmas Eve
- Monday; December 26<sup>th</sup>  
Day after Christmas

## BOCC Meetings and Agendas

The Gunnison County Board of County Commissioners customarily meets on Tuesdays (1<sup>st</sup> and 3<sup>rd</sup> Tuesdays for Regular Meetings, and 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays for Work Sessions). Public Hearings and Special Meetings may be scheduled at any time.

Meeting agendas, meeting materials, and approved meeting minutes are posted on the web at [www.gunnisoncounty.org/meetings](http://www.gunnisoncounty.org/meetings).



## Trivia Question:

What is the total land area in square miles of Gunnison County?

## Answer:

The total land area of Gunnison County is 3,239.10 square miles.

"Gunnison County cherishes its sense of community and place. We strive to preserve and promote the wellbeing of the County's citizens, natural environment and rural character. We will deliver services and set standards that reflect our values and preserve our unique quality of life for present and future generations to enjoy."