



TOWNtalk

A newsletter for Town of Chapel Hill employees

December 2014
Vol. 11, No. 4

www.townofchapelhill.org

On the Front Burner

Column from Town Manager
Roger L. Stancil

Last month, our fellow employee and Town Communications Manager Catherine Lazorko completed a rather amazing feat – to run 50 marathons by the age of 50. When I learned about this accomplishment I asked Catherine to share some lessons learned from setting and achieving such an ambitious goal for our final newsletter of 2014. She agreed and her 50 by 50 Lessons are published separately in this newsletter. (see p. 3)

This struck me as a fitting topic to highlight in a last message of the calendar year when we are naturally prompted to look backward and forward at our personal and professional goals. Catherine's achievement reaffirms my notion that creating a vision for yourself is powerful no matter what the context, including your job. And her 50 by 50 Lessons led me to think about how to connect her goal-setting, planning and positivity practices to our organizational vision and goals.

I hope you'll join me in congratulating Catherine and taking some time to think about which of her lessons you can apply to your goals for the next year. And as you begin 2015, I hope you will join me in taking some time to consider what vision you have for yourself and our organization for 2015 and beyond. If we can imagine it, we can make it happen.

Brandon Perry Police Officer

As Brandon Perry reflects on nearly 10 years of policing with the Town of Chapel Hill, he says the single most important part of his job is accountability.

"It's important for officers to be personally accountable," Perry said. "The administration and everybody in the town – employees and citizens – need to be accountable for their own actions. I carry this principle on the job, and also at home."

Brandon has served the community in a variety of policing roles – investigations, crisis intervention, gang unit, and hostage negotiator. He is currently working on patrol, but no matter the assignment, the principle of accountability carries throughout.

Police officers nationwide have received more attention since the deaths of Michael Brown in Ferguson, Mo., and Eric Garner in New York. Locally, Brandon said it has opened an important dialogue.

"Unfortunately a lot of people don't understand what we do," Brandon said. "Until you do a job, you don't understand the complexities and the ins and outs of it."

Brandon graduated from Fayetteville State University with a bachelor's degree in criminal justice. He got his start as a patrol officer with the Duke University Police Department. A number of his family members were police officers. "Growing up with them, hearing their stories and watching them do the job always made me want to be a cop," he said.

Value in the Spotlight

Responsibility



Ran Northam photo

Brandon and his wife, Kennetta, live in Durham and have a three-year-old daughter, Isabella, or "Bells." Kennetta is a history professor at East Carolina University.

In his spare time Brandon likes hanging out with his daughter – watching TV or going to the park or museums. "Being a parent is the best thing I've ever done in my life," he said.

When Isabella is asleep, Brandon plays the Xbox and watches wrestling.

— Story by Ran Northam

COMING UP

Dec. 24–26: Town Holiday

Thursday, Jan. 1: Town Holiday

Monday, Jan. 5: Registration begins for Parks and Recreation Programs
www.townofchapelhill.org/register

Friday, Jan. 16: Martin Luther King Jr. Celebration, 11 a.m., Hargraves Center

Monday, Jan. 19: Town Holiday



The Fire Department debuted its new TAC-52 vehicle at the Holiday Parade on Dec. 13. The truck will be used for storm evacuations, brush fires and more.

In Brief



Congratulations to **Kyle Vega** (Fire) and his wife Rachel on the new addition to their family. Nathaniel Vega was born on

Dec. 16. He weighed 6 lbs. 4 oz. and was 19.6 inches long. Nathaniel was a few days early, but baby and mother are doing fine.

The Town of Chapel Hill was named one of the **Triangle's Healthiest Employers** by the Triangle Business Journal in recognition of its innovative employee wellness program named Wellness@Work, a collaborative partnership with UNC Health Care's Department of Family Medicine. View a video at vimeo.com/100352544

Chapel Hill Wellness@Work works closely with a Town employee committee to tailor its program to the specific needs of the Town's workforce. It includes programs to support tobacco cessation, weight loss, and developing healthy habits. Today the Town of Chapel Hill offers regular walking groups, yoga, cooking classes and even reduced gym memberships. The program includes a fully staffed employee clinic that provides care for minor illnesses and injuries and preventative care.



Daniel Jones
@ChiefDanJones

Chapel Hill Firefighters provided a thanksgiving lunch to the UNC Burn Center staff, patients and families yesterday. pic.twitter.com/dbt1TOIUAs



TOWNtalk

A newsletter for Town of Chapel Hill employees

TOWNtalk is produced by the Communications and Public Affairs Department
Editorial/Graphics: Catherine Lazorko,
Melanie Miller

Employees Give Back to the Community

Town employees are helping with programs to provide holiday gifts for local children.

Chapel Hill Transit's "Fill the Bus" for Toys for Tots collected more than 1,000 toys for Orange County Toys for Tots on Dec. 7. Thanks to all CHT staff who assisted and a special thanks to **Joe McMiller** (Transit) for helping coordinate the effort for CHT and to **Sonja Robinson** (Transit) for driving the bus filled with toys to the distribution center in Hillsborough.



Students from Morris Grove Elementary were paired with members of local law enforcement to buy Christmas gifts and build relationships. Sponsored by the Optimist Club of Chapel Hill, "Shop with a Cop" gives students \$75 gift cards to spend on anything they choose. Thanks to **Jason McIntyre, Celisa Lehew, Nate Chambers, Stephen Seagraves, and Mark Geercken** (all Police) for taking time out of their busy schedules to make these children feel special.

BOOK BINGO IS BACK! Print out a bingo card at tinyurl.com/k64drxw or pick one up at the library (make sure you have the Staff card). Play book bingo from Dec. 15, 2014, to Jan. 30, 2015, by reading or listening to books and marking off categories on your bingo card. Complete a row to win – it just takes three books!

Bring your completed card to the library and exchange it for a free book from Friends of the Library. You'll also be entered in a drawing for a \$25 gift card to Flyleaf Books. Happy reading!

Chapel Hill has been named as a **BICYCLE FRIENDLY COMMUNITY** (bronze level) by the League of American Bicyclists. The award is presented to communities with remarkable commitments to bicycling.

The Town is working to improve safety for bicyclists and pedestrians with an inter-departmental staff group that combines law enforcement, planning, traffic engineering, parks and recreation and public outreach. The group, led by **Celisa Lehew** (Police) and **Len Cone** (Planning) has identified immediate actions to pinpoint problem spots and improve safety. Information: www.townofchapelhill.org/trafficsafety

MINDFULNESS MATTERS. Live your life more fully with the Mindfulness Matters six-week series. An information and registration session will be held from 6 to 8:30 p.m. Tuesday, Jan. 13, in Meeting Room A at the Chapel Hill Public Library. Classes led by Mindfulness Instructor Paula Huffman will begin Tuesday, Jan. 20. Information: llackey@email.unc.edu or 919-968-2796

GOT A RESOLUTION? Try the FREE Tobacco Cessation Program for Town employees. This program offers medication, weekly support and a treatment plan at a convenient location. For more information or to enroll, call 984-974-8455 or email barbara_silver@med.unc.edu.

HOLIDAY BREAK ENERGY TIPS. Before leaving your office for the holiday, please take a moment to help the Town save money and energy:

- Turn off or unplug small appliances. Please leave refrigerators plugged in.
- Turn off computers, printers, monitors, and other peripheral devices.
- Set your thermostat to 65.
- Make sure all windows and doors are fully closed. Check faucets and report any leaks.

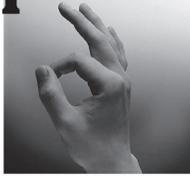
—Jesse Freedman, Sustainability Division

TOWNtalk, a publication for and about Town of Chapel Hill employees, is issued monthly September through June. It is printed on recycled paper. Please recycle.



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Compliments



The Stormwater team including **Robert Sykes**, **Mike Riggsbee**, **Joe Farrington**, and **Philander Logan** were thanked by Colin Austin for clearing out ditches to improve water flow.

Mike Chandler (Transit) was complimented by Jane Violette for being friendly. "Shoutout to him for his positivity and wishing everyone a safe and happy break."

Ellen Andrews expressed her appreciation for **Ryan Chamberlain** (Library) and the services available in the Library's media lab. "Thanks especially for Ryan who is uncommonly welcoming and respectful."

Chris Jensen (Stormwater Division) was thanked by Mike Swimm and Jessica McCann for helping to resolve a stormwater issue.

Mike Riggsbee and **Philander Logan** (Stormwater Division) were thanked by Valerie Bennett for retrieving a skateboard that was lost in a stormwater sewer.

Brian Litchfield (Transit) thanked **Doug Clark** and **Akalema Pherribo** (both Transit) for driving Chapel Hill Transit buses in the Chapel Hill-Carrboro Holiday Parade on Dec. 13 and the supervisory team that helped with detours. "A great start to the holiday season – great teamwork!"



SMT Notes

SMT notes are posted on the Intranet within a day or two of the SMT meetings. Access the notes from the intranet at <http://intranet> by clicking on "Published Documents" on the left-hand side of the page, then clicking on "SMT Meeting Notes" under the "Teams" column.



Chapel Hill police officers (and Santa) paid a special visit to the Senior Luncheon at Hargraves Center on Dec. 4. Robin Clark (Police) said, "Thanks to all who came out to Hargraves today. I had several people tell me they were really happy to see all the officers and enjoyed speaking with everyone." (l-r) Chris Blue, Celisa Lebew, Jabe Hunter, Jeff Clark as Santa, Robin Clark, Charlie Pardo, Alonzo Jaynes and Mark Geercken (all Police)

50 by 50 Lessons

Eleven years ago I set a goal to run 50 marathons by my 50th birthday year. When I set this target there were two parts to my goal – the number of races, but moreover, the journey toward the final finish line. I knew upfront that the richness of this journey would be the true measure of success – and if I attained the number, that would be icing. Looking back, I have learned lessons along the way, including the following:

Tend to both big and small

Each marathon requires a plan for training runs, travel arrangements, work scheduling and family needs. On race day, there is ritual in pinning on the bib, knotting shoelaces, and downing a breakfast of toast and yogurt. A constant in my mind was the multi-year race schedule – and in my imagination, the 50th finish line.

Share your vision – When I finally shared my quirky goal with my friends, they not only accepted it, but they adopted it as their own. They frequently checked in to ask me about progress – and gave me much needed encouragement.

Expect changes to your plan – When health issues got in the way of running, I fell behind on my race schedule. In the last year, it was clear that I would need to run nearly one marathon per month.

Ask for help – I would not have been able to do this without the support of my

husband, sons, and friends. When I realized that I would need a June marathon to stay on track to reach 50 marathons by November 2014, my running friends actually organized a marathon for me. OK, I asked them to!



Be positive – If you have to run when it's pouring rain or cold and windy, you can make the road easier by staying positive. You are choosing to be here because you are healthy and alive.

Prepare and worry less – When I am at the starting line of a marathon, I am acutely aware of the challenge ahead of me. Instead of worrying, I try to think about all the preparation that I have completed and to be positive. I'm ready for this!

Be thankful – When I carry a spirit of gratitude – for my health, for

the sight of my husband David at a cheering station, and for being alive – right here in the moment – I am more successful in the race. By successful, I mean running with my very best effort.

Take time to reflect – My true goal has been to experience a great journey. There have been long runs on weekends, deepening relationships with friends and loved ones, the adventure of traveling to new places, daydreaming about future races, and recording treasured memories. Pursuing this goal has enriched my life.

— Catherine Lazorko, CaPA

Honoring Community Heroes

Community Heroes

At its annual Salute to Community heroes on Dec. 11, the Chapel Hill-Carrboro Chamber of Commerce recognized **Dan Jones** (Fire), **Patrick Gilchrist** (Police) and **Jacob Sinkiewicz** (Fire) for selfless service.



Officer Patrick Gilchrist with Police Chief Chris Blue

Patrick Gilchrist, Chapel Hill Police Officer of the Year

Patrick "Pat" Gilchrist was honored for his diverse experience within law enforcement and commitment to keeping our community safe. Patrick has dedicated himself to many aspects of law enforcement including court security, civil process, patrol, and investigations. Patrick serves in the organized crime unit and works with victims of property crimes to recover stolen property and apprehend offenders. He enjoys training new officers and is a proud member of the department's honor guard.

Jacob Sinkiewicz, Chapel Hill Firefighter of the Year

Jacob "Jake" Sinkiewicz was honored for his compassion in caring for his community and his colleagues. Jake takes pride in serving as the department's Emergency Medical Services Instructor. He is part of the Urban Search and Rescue Team and serves on committees, writes recommendations to improve department policy and serves as a mentor to upcoming firefighters. As "Firefighter Jake," he runs in road and trail races in firefighting gear to raise awareness and financial support for firefighters battling cancer.



Firefighter Jacob Sinkiewicz and Fire Chief Dan Jones

UNC Chancellor Carol Folt to Chief Jones:

Congratulations on being honored with the Chamber of Commerce 2014 Town and Gown award. I am grateful for your commitment and dedication to the safety and well-being of our faculty, staff, students and visitors. When I see the Chapel Hill fire trucks, I feel secure that our community is in good hands.

Thank you for all you do for the Town of Chapel Hill and for Carolina— the Town and Gown award is a well-deserved honor.



UNC Police Chief Jeff McCracken and Fire Chief Dan Jones

Fire Chief Dan Jones and the Chapel Hill Fire Department, Town and Gown Award

Chief Dan Jones was honored for his selfless work as an educator, advocate, and public servant, and for keeping our town and university safe. Chief Jones led the push to require sororities and fraternities to install sprinkler systems after a tragic fire that killed five students. He has also worked to improve fire safety and decrease injuries at post-athletic game celebrations.

In addition to raising funds for the UNC Lineberger Cancer Center and volunteering at the NC Jaycee Burn Center, he also hosted the National "Pink Heals" Tour to bring awareness of breast cancer's impact on women and communities.

Photos by Nicholas C. Johnson



A "Re-Look" at R.E.S.P.E.C.T.

No matter what department you work in, or the role you serve for the town, you have seen them—the Town's R.E.S.P.E.C.T. Values. They are everywhere! They are posted in every work area. They have been mentioned in emails, TOWNtalks, on posters, at Council meetings and in other public forums. They are becoming a part of our daily conversations.

Yet, sometimes when things become too familiar, we cease to see them. The Ombuds office would like for you to take a couple minutes to pause and take a "re-look" at our Values.

The town's R.E.S.P.E.C.T. Values were developed by the Senior Management Team and the Employees Forum (a group of your peers) and were adopted on April 28, 2011. Beginning with the July/August 2013 edition and running through May/June 2014, each one of these seven Values were featured in the Ask the Ombuds column of TOWNtalk. In those columns the Ombuds attempted to tell the story of how employees see these values played out in their work sites and how they felt valued as well as devalued in the areas of Responsibility, Equity, Safety, Professionalism, Ethics, Communication and Teamwork.

The other day the Ombuds were reminded from where the word respect comes. It stems from the Latin word *respicere*, defined as the "act of looking back, or to re-look at, regard, consider something, to re-look at something to seek the view or the perspective of the other

person, to see it through their eyes.

Let us continue to strive to grow, to be the best we can be, to combine our knowledge, skills, abilities, experiences and perspectives in creating a culture of "learning, serving and working together to build a community where people thrive!" And it all begins with each one of us extending respect to others, to all others, through striving to actively and intentionally "re-look" at things, with the goal of seeing them from the other person's perspective. And that begins with each of us taking the time to re-look at those with and for whom we work.

Perhaps it is time for each of us to re-look at those around us, and in so doing, begin to see them differently, through new eyes, and in the process, start valuing one another. That is called R.E.S.P.E.C.T.!

—Jim Huegerich, Ombuds

Video Interviews of Longtime Town Employees

The Martin Luther King Jr Employee Celebration Committee invites you to tell your story.



What was it like working in Chapel Hill 20, 30, 40 years ago?

What was it like before computers, smart phones, modern-day equipment and vehicles?



Contact Ran Northam, Communications Specialist, to schedule a 15-minute video interview: rnortham@townofchapelhill.org or 919-969-4878. Drop-ins are also welcome.

- Chapel Hill Transit Building - Jan. 12 & 14 (9:00 a.m. - 2:00 p.m., or by appt)
- Chapel Hill Public Works - Jan. 13 (9:00 a.m. - 11:30 a.m.)
- Chapel Hill Public Library - Jan. 15 (9:00 a.m. - 2:00 p.m., or by appt)



Chapel Hill Public Library Winter Reading 2014

Book Bingo!

Find a list created by Chapel_Hill_AdultStaff	Nonfiction	Romance	Travel
Poetry	 Reader's Choice	Fantasy or Science Fiction	Create a list in our new catalog
Biography	Rate your favorite book in our new catalog	 Reader's Choice	Suspense or Thriller
Mystery	Audiobook (CD or eAudio)	Find the New Titles section in our new catalog	Historical Fiction

Town Staff

Name: _____

Phone or email: _____

December 15, 2014 – January 30, 2015

Instructions

1. Play Book Bingo! Each time you read a book in one of the categories or explore the new library catalog, check it off. You may win by getting 4 in a row up and down, side to side, or diagonally.
2. Once you get your first Book Bingo, bring your card to the library where you can exchange it for a **free book**.
3. You will also be entered into a prize drawing to be held at the end of January for a chance to **win a \$25 gift card to Flyleaf Books!**
4. If you complete additional Bingo cards, you can earn more entries into the prize drawing.

Books I Read

1. _____
2. _____
3. _____



**Winter Reading is made possible by the
Friends of the Chapel Hill Public Library.**