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FAIRFIELD-SUISUN CHAMBER OF COMMERCE | SPRING 2017

Voice of Business



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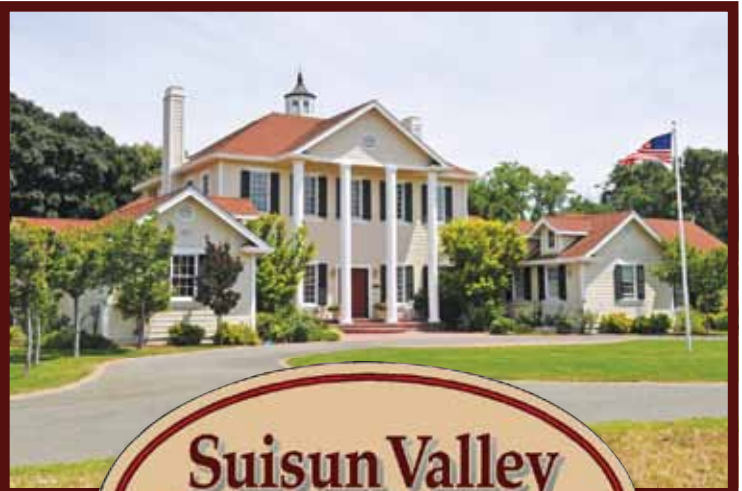
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A Healthy Body and Mind at Work and Home

Health and wellness and maintaining that healthy “balance” are on the minds of many these days. Now that spring is here, people are itching to get ready for the summer months.

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**Fairfield-Suisun** *California*
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Our Year of Growing Stronger

Nearly a year ago, assembled in a conference room in a building tall enough to see out over most all of Fairfield and Suisun City, a group of volunteers mapped out a plan to tackle some challenges and build upon some strengths of our two communities.

At the end of the day, an assembly of assorted individuals became a team with a focus. And a plan. They coalesced into the Board of Directors of your Chamber of Commerce, realizing their mission must be more than cheerleading for local business.

As chairman of that band of business leaders, I slumped back into my seat at the end of the day, pondering the list of “let’s do this” clinging to the meeting room wall. It made me wonder, “What have I gotten myself into?”

So this, my last essay in “Voice of Business,” will serve as a year in review, and a glance into the future. Here are some highlights:

- Strong networking opportunities your Chamber were providing must continue to bring together people in business – mixers, breakfast meetings, fundraisers, Buzz Awards and Black & White Ball;
- Membership would grow to more than 600, which would not only bolster our financial standing, but also our social and political standing in the community;
- Being a true voice of business, the Advocacy Council was created as your Chamber spoke out often on your behalf, connecting with local, state and even national decision makers who have an impact on your ability to grow your business; and
- A strong succession plan would be put in place to ensure strong leadership on the Board of Directors will not ebb and flow, but instead be sure-footed and consistent.

Most prominent change in the last year? Under the leadership of board members Andrea Garcia of Touro University and Amit Pal of PG&E, the Advocacy Council confronted tough issues head-on. For instance:

- Ballot propositions on sales tax, school bonds and the Pacific Flyway Center were scrutinized before being endorsed.
- City land-use decisions on Oliver Road and at the former truck stop in Cordelia – still to come – led to our call for a fair and coherent resolution of mixed-use development, imploring the City Council and Planning Commission to decide approvals based on facts, not emotions.

And consequences of a growing homeless population were addressed with police, a countywide task force, lawmakers and business leaders, resulting in assertive lobbying to enforce ordinances to protect businesses, to assist those on the street who truly want to be helped and to find some long-term solutions to this crisis.

Your voice for business will continue as I soon hand the reins of this organization to a new chairman of the board, Nav Khanna of Travis Credit Union. He is a smart, compassionate leader with many skills I do not possess – most notably the ability to inspect financial spreadsheets and understand how to effect long-term financial security for our Chamber.

Sadly, longtime member and immediate past chairman Monte Hoover will step down from the board. I never filled his shoes, I only tried, knowing that no one could attend as many events and be the ubiquitous community champion he has been for so many years.

My appreciation and respect go out to my always erudite and determined Board of Directors, to the great staff that has supported me – Debi Tavey, Melissa Manry and Tonya Dretzka – along with the backbone of our Chamber, the tireless and enthusiastic Ambassadors.

Fairfield and Suisun City are fortunate to have these volunteer advocates working on their behalf.

I, too, was fortunate to have the opportunity to work with them. Thank you.

Steve Huddleston

Chairman, Fairfield-Suisun Chamber of Commerce

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calendar

MAY

2

TUESDAY

AMBASSADOR COMMITTEE MEETING

8 to 9 a.m., Fairfield-Suisun Chamber of Commerce, 1111 Webster St.

3

WEDNESDAY

GOOD MORNING BREAKFAST: STATE OF THE CITIES FOR FAIRFIELD AND SUISUN CITY

7:30 to 9 a.m., Paradise Valley Estates, 2600 Estates Drive, Fairfield. Must RSVP: Melissa Manry at 425-4625

5

FRIDAY

CINCO DE MAYO CELEBRATION

Noon, La Cabana Restaurant, 325 Main St., Suisun City. Everyone is welcome!

8

MONDAY

TRAFIC EXECUTIVE MEETING

9 to 10 a.m., Fairfield-Suisun Chamber of Commerce, 1111 Webster St.

10

WEDNESDAY

BUSINESS EDUCATION COMMITTEE MEETING

Noon to 1 p.m., Fairfield-Suisun Chamber of Commerce, 1111 Webster St.

15

MONDAY

TRAVIS REGIONAL ARMED FORCES COMMITTEE

Noon to 1 p.m., Delta Breeze Club, Travis Air Force Base

23

TUESDAY

BOARD OF DIRECTORS MEETING

8:30 to 9:30 a.m., Fairfield-Suisun Chamber of Commerce, 1111 Webster St.

29

MONDAY

MEMORIAL DAY

Chamber office closed.

31

WEDNESDAY

LEADERSHIP TODAY GRADUATION

Noon to 2 p.m., Vacaville Opera House, 560 Main St., Suite C, Vacaville

JUNE

6

TUESDAY

AMBASSADOR COMMITTEE MEETING

8 to 9 a.m., Fairfield-Suisun Chamber of Commerce, 1111 Webster St.

8

THURSDAY

BUSINESS AFTER HOURS MIXER

5:30 to 7 p.m., Vezer Family Vineyard/Mankas Gardens, 2522 Mankas Corner Road, Fairfield

12

MONDAY

TRAFIC EXECUTIVE MEETING

9 to 10 a.m., Fairfield-Suisun Chamber of Commerce, 1111 Webster St.

14

WEDNESDAY

BUSINESS EDUCATION COMMITTEE MEETING

Noon to 1 p.m., Fairfield-Suisun Chamber of Commerce, 1111 Webster St.

16

WEDNESDAY

BUZZ AWARDS

6 to 9 p.m., Suisun Harbor Theatre, 720 Main St., Suisun City. Tickets: \$75 per person. Catering by Famous Creations.

JUNE CONTINUED

19

MONDAY

TRAVIS REGIONAL ARMED FORCES COMMITTEE

Noon to 1:00 p.m., Delta Breeze Club, Travis Air Force Base

JULY

3-4

MONDAY AND TUESDAY

INDEPENDENCE DAY

Chamber office closed.

10

MONDAY

TRAFIC EXECUTIVE MEETING

9 to 10 a.m., Fairfield-Suisun Chamber of Commerce, 1111 Webster St.

11

TUESDAY

AMBASSADOR COMMITTEE MEETING

8 to 9 a.m., Fairfield-Suisun Chamber of Commerce, 1111 Webster St.

13

THURSDAY

BUSINESS AFTER HOURS JOINT MIXER WITH VACAVILLE CHAMBER

5:30 to 7 p.m., Driven Raceway, 1560 Gateway Blvd., Fairfield

17

MONDAY

TRAVIS REGIONAL ARMED FORCES COMMITTEE

Noon to 1:15 p.m., Delta Breeze Club, Travis Air Force Base

25

TUESDAY

BOARD OF DIRECTORS MEETING

8:30 to 9:30 a.m., Fairfield-Suisun Chamber of Commerce, 1111 Webster St.

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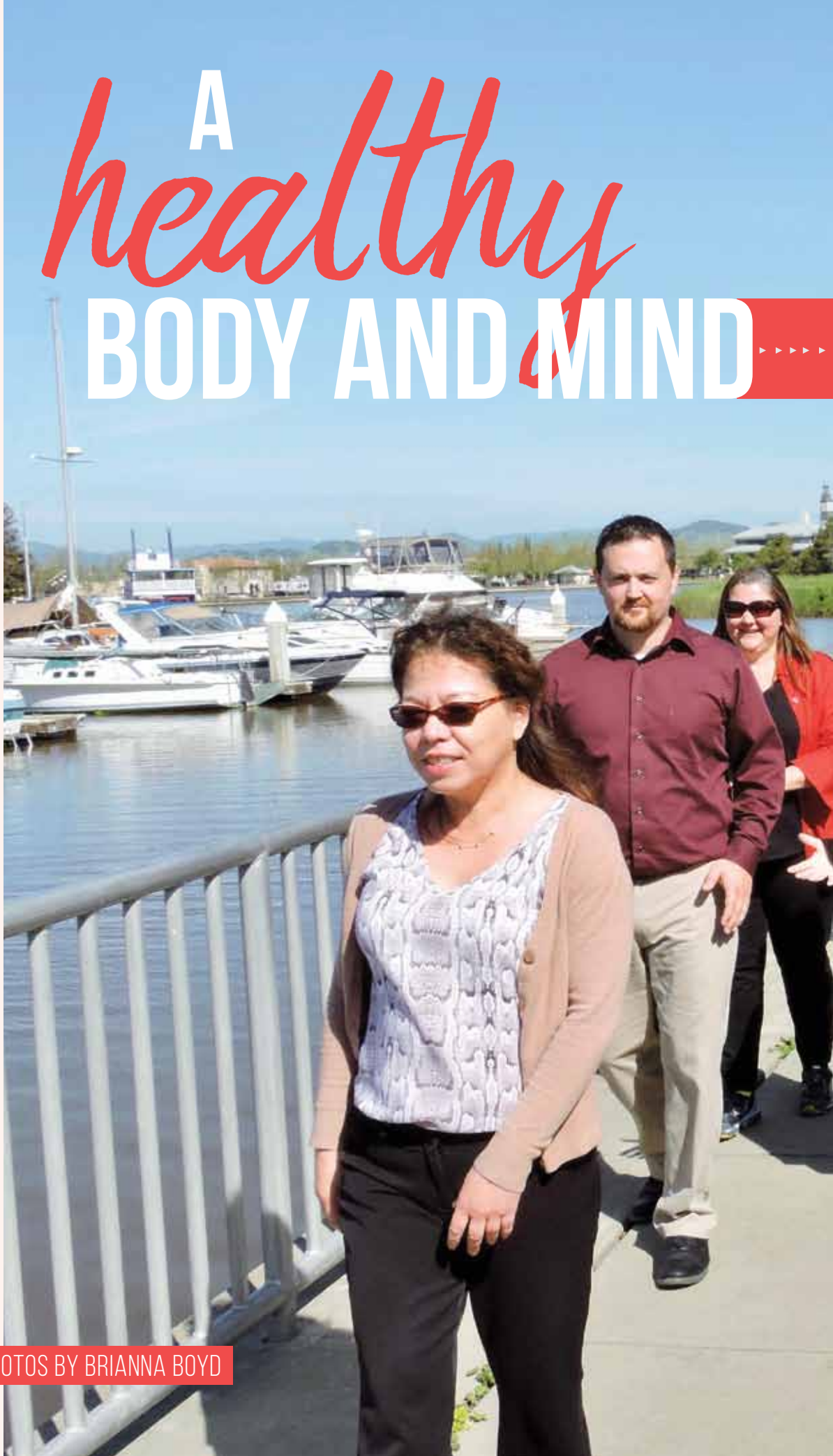
A healthy BODY AND MIND

Every weekday morning, an email is sent out around 9:30 a.m. to a dozen members of the city of Suisun City staff from their colleague Ron Anderson.

The email is brief, sharing the forecast for the day in Suisun City and the current temperature outside.

Just before 10 a.m., like clockwork every day, chairs are pushed out from behind desks and the group that received the morning email meets outside the back door of Suisun City Hall.

It's time for the first of two daily walks around the waterfront area and thanks to Anderson's email, they are already dressed in jackets, sweaters and sunglasses in preparation for the sunny yet very blustery day.



▶▶ AT WORK AND HOME



Suisun City employees walk around the waterfront area during one of their two daily walks.

“We go rain or shine, twice a day,” said John Kearns. “It does get really windy out here, though.”

The walks, one in the morning and another at about 2 p.m., coincide with the 15-minute breaks in the workday. Any staff member is welcome to join the walks and there are 10 to 12 that go consistently. Their daily route takes them around city hall and the waterfront, ending at the back door where they started.

“I just love walking and I really like walking with these people,” said Donna Pock, who is known for calculating all her steps with her Fitbit. “Life is all about balance and if I want to eat like I want to eat, I have to get my steps in.”

These daily walks have been going on for a few years now, she added. At first, there were smaller groups that went at different times. Before long, though, everyone started coming together.

The group has really enjoyed the spring weather on the waterfront in recent weeks. While they do their walks even on the coldest days in winter and the triple-digit days of summer, the spring season makes the trek extra enjoyable.

“It is so gorgeous out here,” said Robin Daniels. “We’ve seen a sea lion out here and a few times, a couple of sea otters. There is always someone walking their dog or fishing, and people pass us and stop to say, ‘Hi.’”

Many of the locals recognize the Suisun City staff on their daily walks, in any and all types of work attire. And yes, that even includes Halloween costumes. Those memories elicit a few chuckles from the group. Skipping out on the daily exercise, they say, was never in their minds.

“We are often so stationary, so it’s nice to get out and stretch,” Daniels said. “It’s fun, too, because we have gotten to know each other on a more personal level. We talk about TV and sports and what’s happening in Suisun.”

Health and wellness and maintaining that healthy “balance” that Pock spoke of are on the minds of many these days. Now that spring is here, and the days of rain and dark skies have transitioned to sunshine and fields of flowers, people are itching to get outside, breathe in the fresh air, and get ready for the summer months.

And with that comes the desire to be healthy, both mentally and physically.

‘When you start burning calories, I want you to make noise!’

A pound class instructor yelled that message out to the two dozen City of Fairfield employees who were all pounding sticks hard on the floor of Willow Hall last month as upbeat dance music played from the sound system.

The group was already 20 minutes into their one-hour weekly workout session, part of the City of Fairfield’s Wellness Program for employees, when they were encouraged to make some noise.

James Paluck, from the city’s public works department, did not have to be asked twice. His scream of “yeah!” echoes in the hall, as the pounding sticks grow stronger.

“This really lets you let out your aggression,” he said with a chuckle earlier in the evening before the class started. “I can beat these sticks as hard as I want and it’s a great workout.”

Paluck was one of the 20 to 24 city of Fairfield employees who regularly attended the eight-week exercise class that concluded at the start of April. The newest weekly fitness class, a noon line dancing session, is also well attended.

The classes, free to city of Fairfield employees, are part of the staff-led Wellness Program that also includes a lunchtime brown bag workshop series and the Health Trails Challenge, where employees sign up as either individuals or in teams to motivate and encourage each other to eat healthy and exercise regularly. Participants earn ‘points’ for their healthy activities, and those points move them along a virtual trail with their team members. The challenge has been incredibly successful in recent months, with 81 participants and eight teams.

Alicia Henry, a member of the Wellness Program committee, said it is important to find activities that promote socialization as well as physical activity. In the past, employees have enjoyed bocce competitions, Zumba and line dancing. Organizers send out surveys to see what type of activities everyone is most interested in and then plan future classes according to the response.

“Our overall goal is to get city employees healthy, not only physically but also mentally and financially,” said Tanya Bartleson, also a committee member. “It all ties in together. We have workshops on stress management and sleep coming up, as well as line dancing. We try to reach out to all of our employees to find something that appeals to them that they would want to take part in. Our hope is that they will also take what they learn home with them.”

“I think a lot of people are motivated by the team component of this,” added Cynthia Williams. “Everyone is together, you hear the music, and you work off the stress.”

Opportunities for businesses big and small

Of course, not all businesses are large enough to have a work wellness program or organize a daily walking group. But the desire to be healthy is there, and Suisun City’s Kroc Center is launching a new program with this particular group in mind.

The Kroc Center is now offering a special corporate rate for all businesses that are members of the Fairfield-Suisun Chamber of Commerce. Any employee from any business that is a member of the chamber, no matter its size, can sign up for a Kroc membership at a corporate rate that is less than the regular monthly price.

“We want to encourage people within these businesses to come to the center and utilize the center and what we have to offer and do it with their entire family,” said Michael Brito, the director of operations at the Kroc Center. “This rate is not just for the employees. It can be for their



About two dozen City of Fairfield employees pound sticks on the floor of Willow Hall during a pound class. The one-hour weekly workout session is part of the city’s Wellness Program.



From Alpha Strength and Performance, from left: Blaire Camarda, director of fitness and sports performance, Jay Haynes, owner and head coach, and Piete Lentz Jr., strength coach.

family, too.”

Prior to this new program, the Kroc Center’s corporate rate was only utilized by larger businesses. Two of those businesses that really stand out in Brito’s mind are Jelly Belly Candy Company and the Fairfield-Suisun Unified School District.

“We saw the benefits from the companies that we have already been doing this with,” Brito said. “People are coming in and saying, ‘This works for us.’ We’re seeing the proof. Now we want to reach out to more businesses and encourage even more people to do this.

“A lot of people look at Kroc as a gym, but we do have a lot to offer not only physically, but also emotionally, spiritually,” he added. “There’s a myriad of things to reach out to any demographic.”

Just a handful of these resources, all included in the corporate membership, include classes like Zumba, yoga, pound, spin and Tai Chi; Kids Fit for children between the ages of 6 and 12 years; weight circuit and higher intensity classes; and access to the pool, basketball court, weight room and cardio machines.

‘Find the best in you, not the best in someone else’

Jay Haynes, the owner of Alpha Strength and Performance, a fitness facility that opened in January in downtown Fairfield, meets people all the time who want to lose weight, eat healthy and see fast results.

The truth is though, a successful health and wellness plan does not work that way.

“In this world, it’s hard to stay strict on anything,” Haynes said. “Just because you want to elevate your fitness level does not mean you need to work out seven days a week. Just because you want to eat better doesn’t mean you should eat spinach every day. You have to find that balance in your life and remember everyone is different.

“We tell people, don’t look at the person next to you and think that because they do this, that is what I have to do, too,” he added. “Finding that individualized balance in your life, finding what works for you, will help you be successful. Find the best in you, not the best in someone else.”

Alpha Strength and Performance focuses on functional fitness, personal training and youth athletic development. He was inspired to open his gym because he has found people often forget their bodies are “machines,” and “amazing tools” that should be used functionally.

“We often admire our professional athletes of the world that do amazing feats,” he said. “But the thing is, everyone can train like an athlete regardless of age or fitness level. I want this gym to remind people that being an athlete is bringing out your best potential. Everyone can be an athlete because being an athlete is bringing out your best potential, bringing out your own alpha.”

How can you find your own alpha? Haynes offers these tips:

- Enjoy whole foods and natural foods but do not restrict yourself. “There is nothing wrong with balance in your life, whether it be a glass of wine or some ice cream. Whatever your treat may be, it’s all about that balance. Too much of one thing can be bad, and that includes exercise.”

- Designate a day during the week to prepare your meals for the days and week ahead. “That way, you know exactly what you are going to consume. The worst thing you can do is leave your house in the morning not knowing what you will eat during the day. When you get hungry, you’ll look for what’s easy – fast food. That’s when you fall back into the trap.”

- Depending on your own personal goals, engage in physical activity three to five days a week. “Remember, it doesn’t have to be within the walls of a facility. Go for a walk or a hike. Be sure you enjoy what you do.

You have to find what makes you happy, that's what you need to chase."

Remember to breathe

Mental and spiritual health and wellness is just as important in your day-to-day life as physical activity. Shea Perkins, the owner of Vakra Yoga and Wellness in Suisun City, knows this first-hand.

"I was an IT project manager," she said. "I know how stressful a desk job can be. If you're so stressed out that your mind is constantly chattering – it's hard to let that go. Even just stepping away from the desk at work, taking a few deep breaths and going for a walk, all of that will help with the stress."

Her yoga studio offers a number of classes throughout the week but one of the most popular is Yin at 7:30 p.m. every weeknight. Led by candlelight, Yin is a non-strenuous stress-release class that regulates blood pressure and encourages relaxation and sleep. Light music plays in the background and participants sit in a circle on the floor of the studio.

"It's a class that is so needed," Perkins said. "People need that relaxation, they need to connect with themselves and have that personal time to reflect on their own bodies. We've gotten so busy in our lives with technology we don't take the time for our personal self-care. It's important that we give back to ourselves."

The first class at Vakra Yoga and Wellness is free and then people can opt for a monthly membership, a 5- or 10-class pass, or a drop-in of \$15 per session. Perkins encourages everyone and anyone to give Yin a try. It is often the class she recommends first to those who have never done yoga before because it is non-strenuous.



Shea Perkins is the owner of Vakra Yoga and Wellness in Suisun City.

If you're not ready to venture into a yoga studio, Perkins offers these tips that you can do in your own home:

- Clear a space after your children have gone to bed
- Turn off lights and TV
- Light a candle
- Breathe deeply

"Breathing is a huge essential part of yoga," Perkins said. "We teach people to really take in those deep, meaningful breaths because it helps us connect to our body. It will clear out all those toxins that we're holding in. It's really teaching you how to relax and how to let things go. People have so many anxieties and often it is because they are not breathing right. This is about listening to your own body."



FRUITS AND VEGETABLES AND NUTS – OH MY!

The anticipation begins with the first signs of spring, as the weather starts to warm, blooms fill the trees and the mustard seed cover crop is ploughed away from the valley floor for yet another year.

Before long, little green crops emerge from below the soil. Tomatoes, carrots, broccoli, strawberries, melons, and potatoes – the list goes on and on. And as the cool spring air transitions towards summer, locals know it's just about time for our valley farm stands and farmers markets to open.

The Fairfield Main Street Association will kick off its 2017 Farmers Market and Thursdays on the Green at the corner of Jefferson and Texas streets in downtown Fairfield on May 4. The market will be from 3 to 7 p.m. every Thursday through October.

Altogether, the Fairfield Main Street Association anticipates the market will open with approximately 60 vendors. About half will be agriculture growers selling fresh seasonal produce. The other half will be part of Thursdays on the Green, with booths selling arts and crafts and other retail, as well as groups promoting community outreach and education.

The City of Suisun City is also planning to launch its own farmers market in 2017. Organizers are still in the planning stages, but hope to see the weekly market open early summer along the waterfront plaza.

KAISER'S FAIRFIELD GARDEN

Joyce Allen's love of gardening grew out of childhood summers spent at her grandfather's house. "I would go and harvest fruits and vegetables for canning with my mother," said Allen.

Now the Kaiser Permanente medical assistant can be seen putting her green thumb to use in an employee garden located at the Fairfield Medical Offices.

Employees who apply and are assigned one of the 9' x 5' planter boxes do all the tending, watering and weeding. What they plant is theirs for the taking. Some take their harvest home to their families. Others share the bounty in their offices and break rooms at work.

"The goal is to enjoy planting, sharing and giving to others. We have some patients who asked to pick tomatoes last year," said Allen.

Offering the garden plots aligns with Kaiser Permanente's mission to improve the health of its members and a goal of being among the best places to work. Kaiser Permanente's engineers take care of the irrigation system and the employees supply the seeds and plants.

Employees work in the garden on their lunch breaks, before and after work, and sometimes on the weekends.

Julie Duke is a registered nurse in the pediatric clinic. She shared a



Kaiser Permanente provides planter boxes at its Fairfield Medical Offices for employees to grow their own produce.

plot with her co-workers and grew green beans, lemon cucumbers and zucchini.

"For department lunches last summer, I would go out and pick the lemon cucumbers, slice them and put them in sandwiches or on salad. Lemon cucumbers are hard to find in stores," said Duke.

In fact, her lemon cucumbers were in demand.

"The young daughter of one of my co-workers loved the lemon cucumbers and ate them like apples. I plan to plant them for her again this year. She

is already asking about them," said Duke.

Both Allen and Duke said they eat more fruits and vegetables because of the onsite employee garden.

Allen says gardening doesn't have to be difficult.

"Having time to grow by seed is very easy. Just take your fingers and dig a small opening, plant the seed as instructed on the package and plant," she said. "Water with love and feeding. In time, you will have a great garden."

The Vacaville Medical Center also has an employee garden where some seasons as many as 90 people have applied through a lottery system for one of the eight available slots.

WORK/LIFE BALANCE A GOAL AT SUTTER HEALTH

Sutter Health supports its employees both with their emotional and physical well-being.

Sutter Solano Medical Center HR Manager Eva Hilliard says that work/life balance is essential and one of the ways Sutter affiliates across the network support its employees.

"When possible, eligible employees are offered flexible schedules to accommodate their busy personal lives," she said. "Our staff sometimes spend so much time here, we want our employees to be happy and enjoy coming to work so that they can focus on the patient's care when they are here and not be distracted by outside concerns."

The nature of a hospital facility allows for flexible schedules so staff can work part-time, short hours and on-call shifts.

There are many options to help employees make smart choices on how to live a healthy lifestyle.

Throughout Sutter Health, tobacco cessation and weight management classes are available among the many classes and support groups



Sutter Solano Medical Center employees gathered for the opening of the redesigned chapel in September 2016.

also offered to the public.

Sutter Solano supports the senior "Walking for Health" program run through the Florence Douglas Senior Center in Vallejo which fits seniors with brand new walking shoes. Staff are encouraged, when available, to join Solano County Supervisor Erin Hannigan at the Vallejo Ferry Building and her group of walkers every morning to promote a healthy lifestyle and regular exercise.

Each Sutter affiliate takes its own approach to supplement the wellness activities offered by the organization.

At Sutter Solano Medical Center in Vallejo, the organization partnered with local schools in Vallejo and American Canyon to liven up the walls at the hospital with art from school children.

Hilliard says that while the art is popular among the patients and visitors at the hospital, the employees are the ones who see it every day.

"It's added a nice, colorful element to their workspace," she said. "It's the same as when you hang your child's artwork in your cubicle – that rainbow that they drew for you brings a smile to your face and makes

your day brighter. It's the same impact that this artwork has on our staff."

Sutter Solano also re-dedicated its chapel last year, providing for a quiet reflection space for those who need it – including employees.

"The chapel is beautiful, amazing," said Sutter Solano Pharmacy Technician Marguerite Bradley. "When family members go looking for

a place to go get away from the craziness, we have a place to direct them."

Bradley added that the chapel provides a great space for staff to reflect when they've learned of a patient's passing.

"We form a bond with a patient. The chapel makes a difference," she said.

Dietitians at the hospital often provide education to employees about good eating habits. During National Nutrition Month, the team put up a display educating passersby about the amount of sugar in popular snack foods. The hospital's cafeteria also offers a wide selection of healthy eating options.

Throughout Sutter Health, employees have access to health and fitness discounts, including memberships to local fitness clubs, health care services and weight management classes.

"We are a healthcare organization so we make sure to take care of our employees' well-being," said Hilliard. "It's important and I, for one, am proud to work for an organization that supports my overall health."



James Wood, business development manager, Sutter Solano Medical Center, has been an integral part of kicking off the "Walking for Health" program that Sutter Health partnered on with the Florence Douglas Senior Center in Vallejo.

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Jamie Boasso, right, oversees the ACI CORE Wellness program at NorthBay Healthcare.

NORTHBAY EMPLOYEES TAKE CARE OF THEMSELVES WITH CORE WELLNESS PROGRAM

Health care professionals can be so focused on providing care for others that they sometimes forget they also need to take care of themselves.

At NorthBay Healthcare, that's where the ACI CORE Wellness program comes in.

ACI CORE Wellness is a voluntary wellness program available to all employees at NorthBay. Those who participate gain access to a special web-based dashboard that provides a wealth of information on everything from healthy eating to exercise. They also participate in quarterly health challenges – all while earning incentive points they can use to enter quarterly drawings for cash and prizes.

Jamie Boasso oversees the program and has been working in the health and fitness industry for more than 20 years. She is a certified wellness coach, personal trainer and group exercise instructor with a passion for inspiring employees to reach their personal best. In addition to a regular blog for employees, she meets one-on-one with employees to help them assess their wellness needs and connect with the resources that can help them reach their goals.

"It's a pleasure and a privilege to work with NorthBay employees," she says. "Many spend so much time focusing on others they forget to take care of themselves and our program is designed to help them to give themselves some personal attention."

Employees can earn CORE Wellness incentive points in a number of ways including, for instance, participation in community events such as the upcoming Cinco K Fiesta Run on May 6. NorthBay is a major sponsor of the event, which will be held at the Anheuser-Busch Visitor's Center and includes a 5K Run/Walk; a 10K Run and a 1-mile walk. NorthBay has encouraged employees to sign up by paying for registrations, and as a result, more than 240 have signed up so far.

Jamie is a pro at developing new and interesting internal

challenge events for employees, who compete as individuals and as teams.

Some recent examples:

- **Exercise challenges:** In January employees at NorthBay logged more than 120,000 minutes, or 2,000 hours, of exercise in four weeks as part of the New Year, New You Exercise Challenge. Employees chose their type of exercise and logged hours online. Those who met the challenge were entered into a drawing that included gift cards for HealthSpring Fitness, NorthBay's new medically-integrated fitness center; the outlet stores in Vacaville; and spa visits.

- **Walking challenges:** These are conducted each year with different themes. In October it was "Wonders of the World," in which employees took on daily walking challenges for a week and by logging into the CORE Wellness site, they also learned about unique wonders of the world. In all, they walked more than 68,000 steps that week – equal to a little more than 32,000 miles.

- **Nutrition and weight loss challenges:** These include individual and team challenges to change the way employees think about food.

CORE Wellness at NorthBay isn't all about competition, though. Each year, employees can earn CORE incentive points by participating in biometric screenings, which include tests for blood pressure, blood glucose, cholesterol, BMI and weight. With the information, they are armed to develop their own health improvement plans or get some one-on-one counseling with Jamie.

The screenings are provided free and are confidential.

"Healthy employees are happier and more productive employees," said Ken McCollum, vice president of Human Resources. Our Core Wellness Program helps our employees take care of themselves so they can, in turn, do their best possible work in taking care of the community." ♦

GO OUT AND

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OUTDOOR ADVENTURES IN FAIRFIELD AND SUISUN CITY



STORY BY BRIANNA BOYD

With its rolling hills, never-ending skyline and beautiful scenic views, Fairfield and Suisun City's parks and open spaces are popular destination for outdoor enthusiasts of all ages. Go on a hike through the mountains at Rockville Hills Regional Park, bike through the beautiful Suisun Valley, enjoy a family picnic at Rush Ranch, or fly a kite high in the sky above Lynch Canyon – whether you are a child or an adult, a birdwatcher, a photographer, a seasoned runner or just looking for some fresh air outside, these beautiful open spaces will win your heart.

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Rockville Hills Regional Park, managed by the City of Fairfield, is known as a Bay Area favorite for mountain biking, hiking, and running. There are more than 30 miles of trails in this magnificent 633-acre grasslands and oak woodlands park. Have lunch at the lake or explore a cave in the hills. Bring your camera with your hiking shoes because there are many beautiful sights, in wildlife and nature, you will



SOLANO LAND TRUST/DOUG WIRTZ

Deer in Rockville Hills Regional Park.

want to capture while visiting. A day pass in to the park is \$3 per person, \$1 per dog, and group day and season passes are available. Free trail maps are available at the park entrance.

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Rush Ranch is a 2,070-acre open space managed by the Solano Land Trust that offers exciting exploration opportunities for all ages. Bordered on one side by the Suisun Marsh, Rush Ranch has won countless hearts with its rolling grasslands, serene tranquility, rich history and wildlife viewing opportunities. Rush Ranch features a visitor center, a working blacksmith shop, historical ranching equipment, hiking trails and picnic tables. Come admire the horses that call



SOLANO LAND TRUST/TOM MUEHLEISEN

Ascene from "Open Road" with Doug McConnell.

the ranch home. There are also owls, hawks and other wildlife nesting on and around the ranch. Admission is free.

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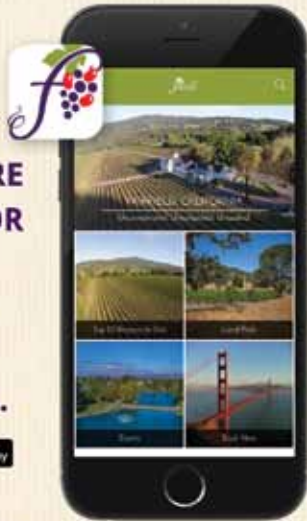


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SOLANO LAND TRUST/DAVE REIDER

Bike riders at Lynch Canyon.

Lynch Canyon, also owned and managed by the Solano Land Trust, serves as an important buffer zone between Fairfield and Vallejo. With its steep grasslands, Lynch Canyon is home to a wide variety of flora and fauna. Buckeyes, oaks and wetland meadows provide shelter for deer, fox, bobcat, waterfowl and many raptors. The spring wildflowers are also a beautiful sight every year. Guests are welcome to ride their horses or mountain bikes on the property year-round. A one-day parking pass is \$6. Lynch Canyon is located just north of Interstate 80, between American Canyon Road and Highway 12.

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For information on upcoming outdoor activities hosted by the Solano Land Trust, visit www.solanolandtrust.org.

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Proposed Fairfield fire prevention fee increase will pay for five new employees

Since 2011, fire inspections have not been completed on an annual or regular basis due to inadequate staffing post-recession.

Through the cost of service analysis conducted by consulting group NBS, the department was able to determine the number of labor hours required to complete all legally mandated inspections as well as all annual maintenance inspections.

The proposed fee schedule represents 100 percent cost recovery for the five new employees that would be required in order to adequately provide fire prevention services to the community. Each business is unique and a number of factors ranging from the size of the establishment to the number of permits required to safely operate

will determine individual financial impact.

As directed by City Council during the annual workshop on Feb. 4, the Fire Department has begun the process of community outreach with regard to the proposed fire prevention fee increase and subsequent redevelopment of the Fairfield Fire Prevention Bureau.

Fire Chief Tony Velasquez will personally be meeting with various stakeholders to seek feedback after providing a brief overview of what the department is trying to accomplish and why it's important to begin refocusing on fire prevention efforts in the City of Fairfield.

# of Permits	Category Description	Sq. Ft.	Current	100% Cost Recovery
1	Fast Food Chain	0 - 5,000	\$137	\$735
2	Auto Body Shop	5,000-10,000	\$274	\$1,001
1	Hotel-Large	100-300 Rooms	\$137	\$1,063
1	Restaurant	5,000 - 10,000	\$137	\$813
0	Retail Store	10,001 - 20,000	\$0	\$313
0	Apartment Complex	60 units	\$0	\$438
0	Apartment Complex	101-299 units	\$0	\$500
0	Small Business - No Permits	0 - 5,000	\$0	\$250
1	Church	5,000 - 10,000	\$137	\$813
0	Small Business Office or Retail Store	5,001 - 10,000	\$0	\$313
0	School with 1-99 students	-	\$0	\$438
0	School with 100-199 students	-	\$0	\$500
0	School with 200+ students	-	\$0	\$688
1	Small Warehouse	20,001 - 40,000	\$137	\$1,001
2	Larger Warehouse	120,00-150,000	\$274	\$1,813
3	Industrial Building-Large	80,000-120,000	\$411	\$2,064



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When retiring NorthBay Healthcare President and CEO Gary Passama made his final exit on March 31, after 35 years at the helm of the local healthcare organization, he was in for a big surprise. More than 200 employees gathered at the Green Valley Administration Center to form an honor line and applaud him on his way out the door. It capped two weeks of a “farewell tour,” during which he visited each of NorthBay’s five campuses to say goodbye to a good number of the organization’s 2,800 employees. Incoming President and CEO Konard Jones was on hand to thank him for his service and wish him well. Local artist Lisa Rico presented Passama with a portrait she was commissioned to paint to commemorate his contributions.



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