



## The 2009 Legislative Session *By Andrea Keilty*

Although the legislature passed a budget for Fiscal Years 2010 and 2011 on August 31, 2009, it took several more weeks to pass the “budget implementer bills.” Budget implementer bills make the necessary changes to state statutes to implement – or put into practice – the budget numbers. The legislature completed the budget implementer bills on Friday, October 2, 2009.

The bill that primarily affected DAS is the General Government Implementer, Public Act 09-7 (September Special Session). This bill was signed by the Governor on October 5, 2009.

<http://www.cga.ct.gov/2009/ACT/Pa/pdf/2009PA-00007-R00HB-07007SS3-PA.pdf>

**P.A. 09-7 impacted DAS as follows:**

**MERGERS.** Four agencies have been merged into DAS: the State Insurance and Risk Management Board; the Office of the Claims Commissioner; the State Marshal Commission; and the State Properties Review Board. These agencies are no longer independent Boards and Commissions within the executive branch, they now fall within DAS and are staffed by DAS. However, the legisla-

tion clarified that these four boards and commissions still retain their independent decision-making authority. These mergers were effective upon passage of the bill (October 5, 2009):

**DAS HOUSE BILL 6297.** Public Act 09-7 also included the legislative changes that DAS

*Continued on next page*

## DAS Diversity Council Announces New Officers



*With the retirement of Carlos Kebe, Donna Camillone (l) has taken over the reins as Chairperson, Affirmative Action Officer Johnette Toliver (r) is Vice-Chairperson and Peggy Zabawar (c) is the Council's Recorder. The mission of the Diversity Council is to lead DAS towards conducting business better, both internally and externally, by integrating diversity into all business practices. This month's Diversity Bulletin Board, located across from G-1, explains more about the Council as well as significant events recognized in the month of October. Upcoming events sponsored by the Diversity Council include the ever-popular Sweet Taste of DAS on November 12, so mark your calendar!*

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advocated during the regular 2009 legislative session. These changes include updates to DAS's statutes affecting Collections, Procurement, Contractor Prequalification, and Statewide Human Resources. All of these provisions were also effective upon passage of the bill (October 5, 2009):

### Collections

Public Act 09-7 made changes to the DAS small estate administration statute (C.G.S. § 4a-16), to bring that statute back in synch with the Probate Court small estate statute.

### Procurement Advertising

Public Act 09-7 streamlined advertising of state procurement opportunities by modifying C.G.S. § 4a-57. Specifically, the Act deleted the requirement that DAS advertise state contract opportunities in newspapers, and requires posting on the web – on the State Contracting Portal – instead.

### Contractor Prequalification

The Act made a number of changes to the Contractor Prequalification and state construction bidding statutes, which primarily fix inconsistencies throughout those statutes, make modifications intended to improve the process of choosing good contractors for state construction projects, and save the state and municipalities money. Among the more substantive changes are provisions that: provide protection from liability for contractors who evaluate the work of their subs

on construction projects funded with state dollars (which will help ensure that DPW and other public agencies (project owners) receive accurate and timely performance evaluations of subcontractors on public projects); eliminate the requirement that DPW and other project owners advertise construction bids in newspapers (they can now advertise on the State Contracting Portal); require municipalities to advertise construction bids on the State Contracting Portal; and give DPW, municipalities and other project owners discretion regarding whether they want to require a contractor to submit the hard-copy prequalification certificate with their bids.

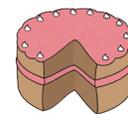
### STATE EXAMINATION ADVERTISING.

Public Act 09-7 also streamlined state employment exam advertising. DAS is no longer required to advertise employment examinations in newspapers. The statute governing this advertising was modified to allow DAS to advertise exams on the DAS website. DAS must still post notice of exams on bulletin boards, and submit notice to the director of the state employment service.

The legislature is expected to return for regular session in February 2010.

What are YOU  
bringing to the

"Sweet Taste of  
DAS?"



Coming  
November 12!



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# Lt. Gov. Fedele Kicks Off Annual Managers' Event

## *Three State Managers Honored for Service* By Peggy Zabawar

It was a day of recognition, inspiration and interaction sprinkled with a little humor as the Management Advisory Council (MAC), held its annual State Managers' Day on October 2.

The self-pay event, open to CT state managers and appointed officials, was again held at the Aqua Turf Club in Southington. Registration this year topped 160 managers.

Lieutenant Governor, Michael Fedele kicked off the event with a warm welcome to attendees.

Speakers for the morning included Dr. William Cibes, the former Chancellor of the CT State University System, who spoke to the day's theme of "Managing Change in Challenging Times."

He was followed by Dr. Joyce Saltman, professor at Southern CT State University in Special Education, an author, and self-proclaimed 'Laughter Consultant.' Dr. Saltman energized the audience with both the physiology of humor, its benefits in difficult times, and also with

some raucous tales and jokes that kept the audience laughing.

While everyone was in a good mood, Dr. Martin Anderson,

Deputy Commissioner of Administrative Services, presented the Distinguished Managerial Service Awards.

*Continued on page 4*



**Lt. Gov. Michael Fedele welcomes state managers**

## Presentation Remarks by Deputy Commissioner Martin Anderson

*I wish to thank MAC for inviting me back to serve a role in the presentation of the annual distinguished managerial service awards. It feels very much like home—not the Aqua Turf—that makes me feel a little like I'm at a wedding reception—but being here with state managers; that's what makes it feel like home. Being a Connecticut state manager was a large part of my identity for nearly 20 years and I take pride in that and I hope you take pride in your service as a manager, as well.*

*I congratulate MAC for putting together a great schedule of speakers today. Please don't forget that MAC also puts a lot of effort into bringing speakers to their regular monthly meetings to address topics of interest to managers so be on the lookout for what they have in store.*

*What a time to be a manager in state service. In good times, there are plenty of things to lose sleep over and to keep the mind occupied well beyond the 8-hour—usually more than—work day. And here we are with record budget deficits and threatened programs and shrunken operating expenses and vacancies left by legions of retired employees and so on and so forth. It was already challenging to be a manager and circumstances now put old and new challenges on steroids.*

*My point in saying these things that we all know full well is that now, more than ever, it is important for us to recognize distinguished service by managers. It is the manager's hard work, tenacity, and unwavering effort that keep things going in the good times and particularly in the bad. We recognize three individuals today whose good works not only distinguished them, but are emblematic of what we strive to be in our attempt to do the right things by ourselves, our employees, our government, and the public that relies on us.*

*So let's get started in the recognition of three distinguished managers.*

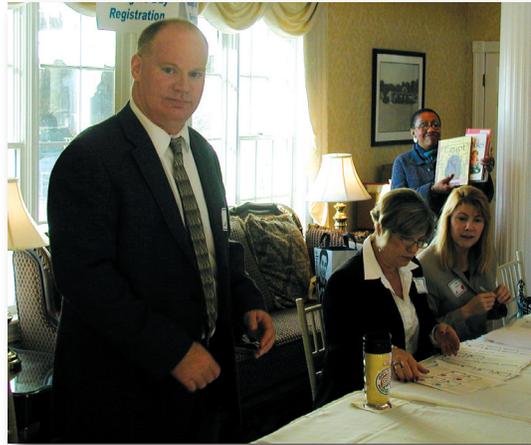
## Managers' Day, cont.

Catherine Kennelly of Public Health and James Wietrak, recently retired from Social Services, accepted their awards.

The third was awarded posthumously to Timothy West, formerly of Consumer Protection. His wife and children accepted the award on his behalf.

During the afternoon program, all the managers were up on their feet and participating in exercises and activities designed by facilitators from the DCF Wilderness School. It was an engaging and interactive presentation that proved to be as

much fun to watch as to participate. Attendees to the event also donated hundreds of new and gently used children's books for DCF this year.



The DAS registration crew of Dave Lynn, Nancy Jones and Peggy Zabawar man the tables



Martin Anderson announces the awards

Director of Community Affairs Cathleen Cook from the Department of Veterans' Affairs sent the following message to **John McKay for the whole agency**: "On behalf of Commissioner Linda Schwartz and the entire staff of DVA, please accept my sincere appreciation for your contribution to Stand Down 2009. This year we smashed all records

## HATS OFF!

By Cindy Rusczyk

and served over 1,200 homeless and needy veterans of Connecticut. Your generous donation of items from an agency-wide collection and \$50 in gift cards is critical to the success of the event and is most appreciated. Thank you for remembering our veterans and the sacrifices they have made. Your generosity helps us keep faithful to our motto, "Serving those who served."

HR Manager Anthony Lewis wrote to Deputy Commissioner Martin Anderson to thank him for his support in "authorizing **Peggy Zabawar** to

facilitate Sexual Harassment Prevention and Diversity Training for the Military Department's four Militias as requested by the Adjutant General. To date, we have trained 138 militia personnel. I would like to recognize Peggy's efforts and thank her for her expertise in providing the training in a manner that stimulated participation and learning. Peggy's presentation style and technical knowledge was clearly an asset, as was her availability to provide training at four different locations, three of which training times were after normal working business hours. I look forward to working with Peggy as we complete the militia training."

DMV Director of Communications Bill Seymour thanked **Nina Ritson** "for the last minute help on revising the teen driving brochure. So you know, it is the ONLY brochure available and as it is downloaded, the good name of DAS and your fine work spreads through the households in Connecticut!"

Debby Hearl extended a big thank you to "**Chris Smith, Anna Tara, and**

especially **Jose Baez**. I have always appreciated DAS' IT staff and my most recent experience working with them demonstrated why. I requested access to my computer from another worksite and throughout the process, glitches and all, they were professional, attentive, courteous and responsive. Exemplary service!"

SmART Director Steve Caliendo thanked **Carolyn Kozak** "for all of your conscientious, good work in transitioning Office of Health Care Access personnel and positions to the Department of Public Health. The time and effort you spent in ensuring a timely transition made a difficult task virtually seamless. More importantly, your professional and empathetic handling of employees whose positions were displaced in the transition, and your assistance in successfully placing these individuals in other state positions, was outstanding and very much appreciated by all concerned. Thank you again for all of your work in this endeavor and for everything you do – and do so well – in SmART."

## VROOM ! New DAS Motor Pool Makes September Debut

By Jim Palmer

After much discussion and planning, DAS has launched the new and revised version of a motor vehicle rental pool. It is an easy-to-use, convenient and cost-effective resource designed to accommodate daily, or even hourly rentals. On Monday, September 28, the first Hartford area rental location began operations from the Fleet Administrative Office at 165 Capitol Avenue.

DAS Fleet Director Frank Sanzo said, "We know the 20% fleet reduction has significantly impacted many agencies' ability to have vehicles available to meet their business needs, but we are hopeful that by providing convenient locations to obtain a short-term rental that they will have a practical and low-cost solution. The beauty of this concept is that vehicles can be quickly added or subtracted in order to meet demand. This flexibility will help us to identify the best locations to establish rental pools. We expect it to take some time to catch on, and in the end utilization will be the measurement that will determine just how beneficial these interagency rental pools are."

Although the scale is much smaller, the concept is similar to the days when DAS ran a motor pool at the Legislative Office Building. Multiple makes and models of cars are

available, fueled up and ready to go - even a box-truck!

"We anticipate that this location will be the first of many that are strategically placed to support areas of need throughout the state. With that goal in mind, over the next

couple of months we will be fine-tuning things as we prepare to expand this program to

other facilities," said Assistant Fleet Director Jim Palmer.

Palmer noted that by the end of the year Fleet expects to have rental points up and running in Wethersfield, New Haven and Norwich. "And by July 1, 2010, we hope to add at least two additional rental sites elsewhere. Ultimately, this program is driven by agency demand which will dictate the best areas to centralize small fleets of rental vehicles," he added.

The primary purpose behind establishing rental pools is two-fold;

- to offer a cost-effective solution for agencies that only need cars on an intermittent basis, and

- to provide support to agencies, that, as a result of the 20% fleet reduction, find they are sometimes in need of an extra vehicle to meet their business obligations.

**And these rates even include fuel!** DAS rental vehicles come with a full tank of gas which does not even need to be replaced upon return! And, in case it is necessary to gas up during use, a fuel key that works at any of the DOT stations throughout the state and Buckingham Street garage is included on the key ring.

*Plus* - Why rent a car for a whole day if you only need it for an hour or two? Should your plans change, and a three-hour reservation turns into a day-long obligation, just give Fleet a call to let them know. Regarding cost, customers will never pay more than the daily rate for each day or portion of each day. Once a rental is out more than four hours, the hourly rate converts to the daily rate for the remainder of that 24-hour period.

"Ultimately, we hope that by offering a state-owned vehicle on a daily, or hourly, rental basis it will be seen as the most effective method to complete business travel and enable agencies to meet their transportation needs at the lowest possible cost," added Palmer.

To reserve a car, all customers need to do is call DAS Fleet at (860)713-5160 to make a reservation and they will receive instructions on vehicle pick-up and return.

“The beauty of this concept is that vehicles can be quickly added or subtracted in order to meet demand. This flexibility will help us to identify the best locations to establish rental pools.”  
- Frank Sanzo

VEHICLE CLASS	HOURLY RATE	DAILY RATE
Compact	\$ 6.00	\$ 29.00
Intermediate	\$ 7.00	\$ 32.00
Mini-van	\$ 7.00	\$ 33.00
Hybrid	\$ 7.00	\$ 34.00
12-Passenger Van	\$ 7.00	\$ 34.00
Box Truck	\$11.00	\$ 52.00

# UP CLOSE With Noel Pinnock

By Nina Ritson

Noel Pinnock, of SmART payroll, quietly works away each day engrossed in the world of numbers, checks and balances.

A husband and father of three, Mikey (16), Tyree (7) and Taliyah (5), he raises his children with firm rules about doing homework and about working hard to achieve success. Becoming a payroll professional did not happen for Pinnock by mastering a fancy calculator and cruising through high school on business classes. Pinnock's journey was a unique road traveled, and it began in West Kingston, Jamaica.

"I came to the United States to join my family, who moved to New York when I was 17. I remember how different the schools were when I arrived. School life was not the same as it was in Jamaica. Going to school used to be fun in Jamaica....you were a kid in school. In New York, kids entered the job market so young, in such a hurry to have money to buy things. By the time they were seniors they were missing out on school activities because of job commitments."

He describes his education in Jamaica as being a Catholic-based education in a public system. By 6<sup>th</sup> grade we had to know the times tables to 22. By 10<sup>th</sup> and 11<sup>th</sup> grade, students were expected to excel in courses in Physics, Chemistry and Technical drawing with a strong emphasis on Math and Agricultural Science.

"In Jamaica, as in Catholic schools in the states, religion is a priority. Prayer was part of the curriculum and religious stories were basic educational courses."

But it was not all work and no play. There was "no time to get fat" in Jamaica, as the weather was always beautiful, children rarely watched television and students walked sometimes miles to school, past rows of fruit trees and farms where Pinnock could tell the seasons by the fruits he picked along the way.

He commented, "This is the way life should be – children grow to be responsible adults. Even though school was fun, we graduated with a superior education. When children finish high school there – they are at a comparative level with second-year college students, here. When I went to finish school in New York, I brought some of my notebooks with me from my 9th grade classes in Jamaica, which I showed to my high school teacher. He was absolutely amazed at the level of education evidenced by these

notebooks – confirming that I had already been working at a college level."



As most high school seniors stand at the crossroads in life – so did Pinnock. "I was homesick and bored with the city." Pinnock longed for Jamaica – if just one more time. So when his brother offered to take him back for Christmas vacation – he jumped at the opportunity and spent the next seven weeks getting Jamaica out of his system. After this little holiday,

he returned to New York determined to finish high school. He stayed up all night long with his brother getting ready for the GED, and with no sleep jumped on the train in the early hours and took the exam, passing with flying colors.

Seeking direction, Pinnock decided he wanted to do something important with his life, so he went to enlist with the Marines. But the Marines would not accept a GED as completion of education –they would only accept an actual diploma. So the teenager who had journeyed all the way from the islands, where he excelled in high school and had essentially completed col-

*continued on next page*

# And Let's Not Forget the Intranet

By John McKay

The DAS Intranet has had over 8,500 hits since its launch this spring!

Employees can find valuable information regarding HR Policies, the employee photo directory and other research tools.

A popular use seems to be the single stop necessary for time processing. TPS and Self-Serve links are very accessible along with the 2009 Holiday/Payday calendar (the 2010 Holiday/Payday calendar is coming soon).

Recently added was the new E-Surplus search engine allowing employees to find needed, usually free, state equipment. "With the state budget and limited spending, I would encourage all employees to use the E-Surplus search engine whenever they are in need of equipment," said Commissioner Sisco.

You can access the DAS Intranet at <http://das-intra>.



## Pinnock, cont. from previous page

lege level courses, who passed the GED, was forced to return to high school again.

It was while finishing high school in the Bronx, that a professor took an interest in him and realized that his education was so far advanced that he clearly did not belong there.

Because Pinnock had been placed in classes determined solely by the handful of report cards he carried with him to New York, this professor decided to tackle international boundaries to get Pinnock's actual transcript from Jamaica, proving that he had clearly completed the courses to satisfy the requirements of a high school diploma.

"Because this was a process burdened with red tape, the professor paid out of his own pocket trying to expedite the transfer." Pinnock was scheduled to graduate early in January – which, unfortunately, was the same time his transcript finally arrived in the U.S. During these months Pinnock grew a little wiser, and when finally out of school decided he no longer wanted to pursue the military - college was the choice for him.

Since 2001, Pinnock has called New Britain home – where he and his wife are very involved in their children's school and activities. "I tell my son, Mikey, 'put the calculator away' when he does his homework. He must use his brain and know math. What if the calculator fails during a test – will he fail, too?"

His daughter, Taliyah, is now enrolled in an advanced reading program because she already shows signs that she excels in reading – and is learning Chinese at the age of five! And his middle son, Tyree, is a robust soccer player, like his dad, and is already dominating the soccer field with his skill level. Pinnock raises his children with values that traveled with him so many miles –so many years ago. "Children must be obedient and they must be willing to work hard!" he said, affirming his belief that hard work leads to opportunity.

Back at his cubicle in DAS payroll, I asked Noel if he uses a calculator to do our paychecks. He smiled and responded, "I do believe in evolving."

# Records Retention...There's a Buzz Phrase for You

By John McKay



granted, it's probably not the most glamorous subject, but employees should be aware of how the process works in deciding what should be saved, and what can be destroyed when it comes to public records.

"Record retention can be your friend," said Records Management Liaison Officer (RMLO) Erin Choquette, with a somewhat straight face. "Taking inventory of what you have, what is a public record that must be kept, and what can be destroyed can be a huge benefit to your everyday desk organization and help you keep your peace of mind."

By definition, "A 'public record' is any recorded data or information relating to the conduct of the public's business:

- Prepared, owned, used, received or retained by a public agency, or
- Which a public agency is entitled to receive a copy by law or contract under §1-218 of the Connecticut General Statutes."

It can be handwritten, typed, tape-recorded, printed, photocopied, photographed or recorded by any other method. It also includes emails and documents that exist only in electronic format.

On the other hand, the State Library has identified several types of documents that it considers to be "non-records." You can dispose of non-records without seeking permission from the State Library. Non-records include:

- Extra copies kept only for convenience;
- Transmittal letters/ cover letters;
- Catalogs, trade journals and other

publications/papers received; and

- Working papers, preliminary drafts, or other material summarized in final or other form and which have no value once action has been taken.

In June, Choquette sent out an Infogram with a seven-step checklist of what to keep versus what not to keep.

The first two steps were; first, make a list of all records in your custody. This could be a simple handwritten list or a detailed Excel spreadsheet. Don't forget your e-mail and the electronic records on your hard drive.

Second, once you've created the list, determine what a record is and what it isn't. Remember that brochure from the training session you attended in 1985? It isn't a public record, so what are you waiting for? Get rid of it!

Third, identify documents that are records but that you no longer need, and work with Choquette or one of the Assistant RMLOs (see below) to obtain permission from the State Library to dispose of the documents.

This might prove to be a difficult process for those who hoard ev-

erything, but keep in mind that a little work now will save you hunting through a mountain of papers trying to find the documents you really need.

"This is a good start for employees," said Choquette. She also recommends familiarizing yourself with the rules set by the State Library.

"They are the keepers of the information and have updated their web information regarding records retention." Read more about it at: <http://www.cslib.org/publicrecords/retstate.htm> and investigate the links under "General Schedules for All Agencies."

Choquette went on to name a few other reasons for the retention program.

"First of all, we're running out of space. We have rooms of boxes and miles of filing cabinets that were unnecessarily stored with all sorts of documents that probably can be destroyed. Second, and most importantly, it's the law. There simply are documents we need to hold onto for an extended amount of time. If someone asks for it ten years from now, and we don't have it, then DAS is in trouble," said Choquette.

***Each business division has its own representative for questions regarding records retention:***

**Assistant RMLOs:**

- Affirmative Action.....Amanda Anduaga-Roberson**
- Business Office.....Dawn Prucker**
- Collections .....Chris Roberts**
- Communications.....Cindy Rusczyk**
- DAS Personnel/SmART HR....Sue Turko and Heather Berte**
- Federal Foods.....Linda Hubeny**
- Fleet.....Frank Sanzo**
- MIS.....Jose Baez**
- Payroll.....Mary Gugliemino**
- Procurement.....Susanne Hawkins**
- Statewide HR .....Susan Pawlowski-Burke**
- Strategic Services.....Nancy Jones**
- Worker's Comp.....Doug Rinaldi**

## Comings and Goings



Michelle Provost  
SmART HR



Kathy Stone  
Business Office



Jacqueline Gelpi  
Business Office

## Welcome to DAS!

## Joe Nerney Honored at Awards Ceremony

By Nina Ritson

Blind Ambitions Store Manager, Joseph Nerney was awarded the Business Enterprise Manager's Award by the State of CT Board of Education and Services for the Blind (BESB) at the 2009 Awards Event and White Cane Safety Day.

Master of Ceremonies, Dr. William Petit, Jr., spoke to a packed Old Judiciary Room at the State Capitol on Friday, October 23. In addition to celebrating the 200th birthday of Louis Braille, award winners received a Proclamation from Governor Rell.

State Representative Maryanne Hornish shared words of praise for Joe with all who attended.

As an endocrinologist, Dr. Petit spoke about the risks of diabetes as the #1 cause of blindness each year. He also spoke about three words that no one can live without – whether one has sight or not - hope, faith and love.

In his remarks, Nerney thanked his wife Sue for “making everything possible” for him.

Congratulations, Joe!



Joe Nerney behind the register at “Blind Ambitions”



Dr. William Petit addresses the award ceremony

# EOC Training a la Jack Bauer?

By Nina Ritson

It looked like a scene right out of the television drama “24”. Emergency professionals were hunkered down in a windowless dark room, glued to their monitors responding to a disaster, buried deep in an inaccessible fortress.

No, Jack Bauer wasn't there, but 30 state employees, assigned the task of Emergency Operations Liaison were poised and ready for the immediate activation of the state's Emergency Operations Command center (EOC).

The State Emergency Operations Center Liaison Training Workshop was hosted by the Department of Emergency Management and Homeland Security (DEMHS) at the Hartford Armory on Wednesday, October 21.

Attendees were greeted by DEMHS Commissioner Peter Boynton and other staff members. Although frontline agencies in the event of a disaster are usually DEMHS, the Department of Public Safety, Department of Environmental Protection, Department of Public Health, Department of Transportation and the National Guard, liaisons are involved from many agencies including Consumer Protection, Correction and Administrative Services.

DAS plays a significant role when emergency purchasing and

use of vehicles become the priority function, or in the event of an influenza outbreak when employee absences alter the functionality of state services.

The liaison is a conduit of information and resources to and from

used to support almost any operation.

Should a disaster hit like hurricane flooding, pandemic influenza, or a snowstorm the size of the infamous 1978 Storm Larry, liaisons can instantly access many databases including shelters throughout the state that are open, satellite maps with images of roads and buildings, weather tracking maps and radar images.

They can then place emergency orders or dispatch information and press releases. Through WEB EOC, all users can view and input data that emergency centers throughout the state also have access to. This

information is available not only at the command center, but at designated regional centers and municipalities, along with the utility companies and the American Red Cross.

The EOC operates through the use of the Internet, phone, cell and fax systems, State Police microwave system, satellite phones and high band and low band radio. In the case of any event or disaster, communications will get through because alternate systems are ready to be utilized if necessary.

Although much of the focus lately has been on H1N1 flu preparedness, the likelihood of a major snowstorm shutting the state down is just around the corner as winter approaches. Rest assured, should this happen the EOC will be ready to swing into immediate action and DAS will be on it!



the EOC Center, carried back to agencies. Designated liaisons must be

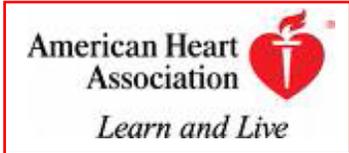
available 24/7 to respond to an emergency situation when the center is activated and gather info, consolidate, vet, prioritize, and identify problems. In the October session, they were trained to operate the new Connecticut WEB EOC.

WEB EOC revolutionizes emergency management communications not only through technology available at the command centers, but available anywhere to emergency liaisons by logging on to their personal PCs, iPhones and Blackberrys.

And it isn't simply a tool for use by emergency managers; it can be

# DAS Honored for “Fit Friendly” Workplace

By Nina Ritson



DAS has a big heart... and was awarded the American Heart Association gold recognition for a ‘Fit-friendly workplace’, based on the work of the CT FIT committee programs.

Deputy Commissioner Martin Anderson accepted a plaque at the Heart Walk on October 17 and a congratulatory letter from the National CEO of AHA.

DAS also will be mentioned in Forbes magazine, and for one year will get to use “gold” recognition in internal and recruiting communications.

DAS was represented at the Heart Walk by Loretta Miller, Lorna Barclay, Kelly Dillon, Frank and Marisol Rivera.

“We walked in memory of Joe Prevuznak – we were *Team Joe P.* We each also walked in honor of someone else who has taken ill with heart disease. I walked in honor of my friend, Robina, who just Thursday was diagnosed with a 90% blockage,” said Kelly Dillon of Workers’ Compensation.

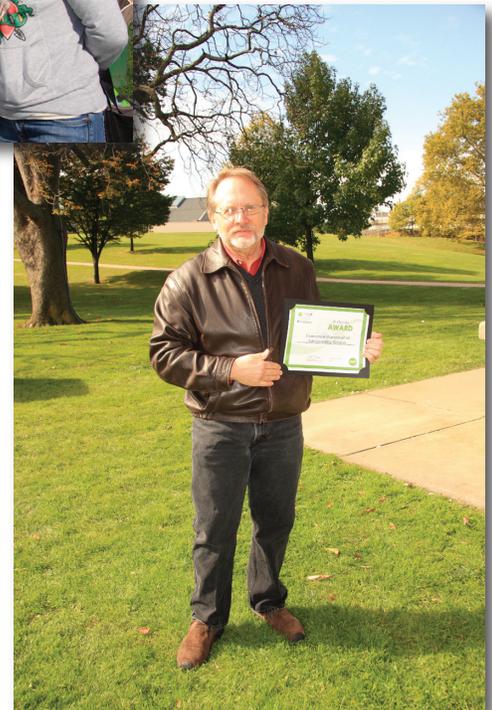
Marisol walked in honor of her grandmother, Maria Perez who died of a heart attack. Frank walked in honor of Marisol’s 15-year old cousin, Melissa Hernandez who has a current heart condition.

Congratulations to all DAS contributors. Because of your generosity, energy, and good will, DAS was able to raise \$600 for the Heart Walk!

A special thank you to the walkers and to everyone on the CT FIT committee who contributed to this great success!



**Top right: Deputy Commissioner Martin Anderson accepts the plaque from the AHA. Above: DAS walkers Lorna Barclay, Kelly Dillon, Frank and Marisol Rivera. Right: Martin proudly displays AHA plaque**



**See the next page for more great CT FIT news!!**

# Ready SET LOSE

CT FIT WEIGHT LOSS PROGRAM

Logo and Article  
by Nina Ritson

The leaves are falling, the temperature is dropping – but something is going in the opposite direction. Seasonal weight gain!!

We all battle it, dating back to the days of the cavemen, when putting on weight during the winter months was a physical necessity of survival. Our bodies instinctively slow down the calorie burn at this time of year to conserve heat and protect vital organs from severe cold. How nice – nature at its best – except that does not work well when you can no longer squeeze into that new fall suit you just bought. Sound familiar?

The CT FIT Committee has developed a campaign to trick nature this year–this new program aims to reverse that seasonal padding we get and have you trim, healthy and fit for the holidays and the winter months that follow.

On Thursday, October 22, CT FIT hosted the kickoff for **Ready Set Lose**, DAS' adaptation of the hit weight loss show "Biggest Loser". On deck was James, the trainer who has already been instrumental helping DAS employees lose pounds!



"We are working on the honor system – which is why we are working in teams. The CT FIT walking program was very successful last spring because of teams – the team environment promotes honesty and motivation!" said speaker and CT FIT Chair Peggy Zabawar.

"This is not about fad diets and starvation, but about lifestyle changes. The beauty of this program is that everything is tracked in Excel and calculated for you," she said.

Over 25 people attended the kickoff in the North Mechanical Room to hear the program specifics and to learn a little about **how to** and **how not to** lose weight. Many signed up on the spot with the hope of losing weight during the traditionally hardest months of the year. This program will run from November 3 to February 2 when winners will be chosen not by number of pounds lost – but by percentage of body weight lost. Winners will not only feel better and look fantastic – but receive prizes, too (which are self-funded by the program)!

Teams will report to Peggy every other week, beginning Nov 3, until the last weigh-in on February 2. In the State Office Building, participants are required to weigh-in on Tuesdays on the same scale located in Room 407 in a private area. Like the walking program, results will be published by team name – not personal names – for confidentiality. Also, in addition to weight training with James – a new ZUMBA class will begin October 27. Classes will be held on Tuesdays (4:45-5:45) and Thursdays (3:45-4:45) in the North Mechanical. The cost per class is \$5. Participants can join for twelve weeks for \$55 or pay as they go.

There is still time to join - just email [peggy.zabawar@ct.gov](mailto:peggy.zabawar@ct.gov). Stay tuned and watch your coworkers melt those pounds away as they race the clock to 2/2/10. Get Ready, Get Set, Lose!