Staff Appreciation Day
May 14, 2014

7:30–11:30 a.m.  Biometric Screening

8–8:30 a.m. Lunch, Wood Center

8:30–10 a.m.  Chancellor’s Welcome and Longevity and Awards Ceremony, Wood Center Ballroom

10:15–11:15 a.m. Morning Sessions (see sessions below)

11:30 a.m.–1 p.m. Lunch, Lola Tilly Commons

12:30–1:30 p.m. Afternoon Sessions (see sessions below)

1:45–2:45 p.m.  Mid-Afternoon Sessions (see sessions below)

3–4 p.m.  Late Afternoon Sessions (see sessions below)

4–5 p.m. Ice Cream and Cotton Candy Social, Wood Center
Door prize announcements start at 4:15 p.m. (must be present to win)

Competitions and Resource Fair
More Chances to Participate

10 a.m.–3 p.m. Frisbee Golf Tournament, Outdoor Adventures
Find a teammate and pick up your supplies at the Outdoor Adventures office any time. You must complete the course by 2 p.m. The winning team will receive the coveted Golden Frisbee.

10 a.m.–3 p.m. Photo Scavenger Hunt, Wood Center
Find a co-worker and a camera and check in at the Wood Center for your first clue. More clues are hidden around campus. Once you complete the scavenger hunt, return your pictures to Wood Center and sign up to win a great prize (presented during the awards ceremony).

11 a.m.–3 p.m. Wacky Bowling Competition
Create a team of five players and sign up for a slot during the registration process. Try your luck on the Polar Alley lanes—with the wacky scoring system, you may need more luck than talent! Show up for your allotted time and turn your scores into the desk. (Wood Center has donated shoe rentals for all competitors.)

Noon–3 p.m. Resource and Health Fair, Wood Center multilevel lounge
Workshop Sessions

1. **Envision Your Financial Future – Plan, Prepare, and Take Charge**, Keyes and Associates Inc., GRUE 208
   Encourage investors to establish retirement income goals and priorities. Motivate investors to achieve their goals through thoughtful planning and commitment.

2. **Exercise at Home – It’s Time to Start**, Gerald Damron and Janice Cook, GRUE 301
   Presentation will include benefits of exercise and how time efficient it can be for a busy family. Presentation will include inexpensive options to get in a good training session. Following the discussion there will be a 20-30 minute workout using resistance band and body weight. Comfortable loose-fitting clothes recommended.

3. **Getting Started with Geocaching**, Jeff Fay, GRUE 413
   This session is for those who have never geocached before but are interested in finding out what it’s all about. There are a number of geocaches on the Fairbanks campus and more than 100 in the immediate Fairbanks area. No materials or experience necessary.

4. **Moving from "Consumer" to "Creator" or How to Use Your iPad Productively**, Gary Bender, BUNN 319B
   This is a hands-on session so please BRING your iPad! We’ll talk about apps and ways to set up your iPad to move you from simply "consuming" information on your iPad to creating and sharing information on your iPad.

5. **Creating Effective PowerPoints**, Chris Bek, GRUE 401
   Find out how to create effective PowerPoint presentations that don’t distract from your message but add to your presentations. Learn to create a template and some design techniques to create effective slides.

6. **Processing Travel with TEM**, Geoff Jacobs and Dawniel Dupee, GRUE 206
   Come see how to process travel using TEM! This session will include data entry for the authorization, generating an expense report and approvals/routing along the way.

7. **Beekeeping 101**, Ginny Kinne and Lillian Misel, GRUE 303 (10:15–11:45)
   Ever thought about keeping bees? Come learn about beekeeping in Fairbanks with Ginny Kinne and Lillian Misel. This interactive presentation will provide an overview of the equipment and tools needed, how to care for a hive, as well as the advantages and challenges Fairbanks beekeepers face. There will be hands-on displays as well as the opportunity for question and answers.

8. **The Connection between Cancer, Diabetes and Food: Are You Feeding Your Cancer?**, Dr. Scott Luper, N.D., GRUE 408 (10:15 – 11:45)
   Recent research has revealed a surprising link between blood sugar and cancer. Dr. Luper will talk about how diet can both prevent and promote cancer growth. He will review the foods and spices that help most in the prevention and treatment of cancer.

   What simple things can you do to save on fuel and electrical costs? You may be surprised to find out how easy it is! Attend and be introduced to how you may save money room by room.

10. **Fun with Rocks and Minerals**, Rainer Newberry, REICH 230 (10:15 – 11:45)
    Join UAF professors and grad students for a fun series of different activities regarding rocks and related topics. Each participant will cut a rock using the rock saw and polish it using diamond-impregnated wheels. There will also be opportunities to pour magma, to use a hand-held XRF to determine mineral (and anything else) compositions, and to identify rocks and minerals brought in for examination. Please contact Rainer (rjnewberry@alaska.edu) if you plan to bring in materials for cutting and (or) examination and identification.

11. **Five Elements Qi Gong**, Jennifer Hedrick, SRC Studio (10:15 – 11:45)
Five Elements Qi Gong is an essential set and internal alchemy practice from the more esoteric Emei Zhen Gong (峨嵋真功) Daoist tradition. This form works within the five-element principle of Chinese medicine to create an active but relaxed practice that will stretch and strengthen the entire body and quiet the mind. Regular practice of this form harmonizes the organ system and enhances vitality. This course will lead participants through the entire form and is meant to act as an introduction to Qi Gong practice for health and wellness. Please wear loose-fitting, comfortable clothes.

12. Crochet Charts Decoded, Janene McMahan and Shelly Baumann, GRUE 202 (10:15 – 11:45) 
Take your crochet to the next level! In this session beginner crocheters learn how to read charts and work in the round. Make a potholder that is functional and pretty. A great gift! The skills you learn apply to any item with a chart or items you work in the round. Please bring one ball of worsted weight yarn for your main color and your favorite hook (4.0, 4.5, 5.0 mm H or I).

A fun look at uses for herbs for feeling “Oh so lovely” and potions (teas) to relax with.

14. U.S. Army Corps of Engineers CRREL Permafrost Tunnel Tour, Peter Prokein, off site (10:15-11:45) 
Join us for a tour of the U.S. Army Corps of Engineers Permafrost Tunnel. The permafrost tunnel was excavated north of Fairbanks starting in 1963 in order to study geology, ice science, and mining and construction techniques specific to permafrost environments, and continues to offer a unique opportunity for research scientists to view and study frozen environments over 30,000 years old. Special Instructions: Please leave campus by 10 a.m. in order to make the 10:30 a.m. tour start time. Directions will be sent to participants after registration closes. Please note that this tour is only open to U.S. citizens due to timing and reporting requirements.

15. Naturally inspired: Living and applying the UAF brand, M. Renfrew, C. Browning, A. Swingley and J. Baker, GRUE 409 (10:15-11:45) 
This action-packed, two-in-one workshop from Marketing and Communications will provide the insiders’ guide to the UAF brand. You’ll walk away with a better understanding of what the UAF brand means, and we will share tips, tricks, samples and templates to ensure you have what you need to represent UAF’s brand identity in your own creative designs.
12:30 – 1:30 p.m.  Workshop Sessions

1. **Benefits Update**, Erika Van Flein, GRUE 206
   An update on new things and old things you should understand about your benefits at UAF.

2. **Your Posture, Your Stress: How Does Posture Affect Your Life?**, Dr. Michael Sciortino, GRUE 408
   The long-term effects of posture and methods to improve your back pain, neck pain and headaches!

3. **Perennials in Fairbanks**, Emily Reiter, GRUE 413
   Herbaceous perennials are plants that die back to the ground every winter and grow (and perhaps flower) every spring and summer. We'll start off talking about how to plan and plant a perennial bed, and focus on some great plant choices for different conditions: sun, shade, rocky soil or soggy bog. This will include a discussion of some tried-and-true hardy perennials that will thrive in the coldest pockets of Fairbanks, and some more unusual plants to consider trying.

4. **Adobe InDesign 101**, Jennifer Moss, RAS 301
   Are you responsible for creating fliers, posters, brochures, newsletters or other publications for your office? Attend this crash course in Adobe InDesign and gain an overview of this powerful desktop publishing software (licensed on campus for free staff use). Through this hands-on tutorial, you'll learn the basics of document setup, text, objects, strokes and effects—everything you need to start making high-quality publications.

5. **Expediting Invention, Authorship, and Design in the Age of Cheap Online Tools**, Adam Krynicki, GRUE 202
   Technology facilitates the creation and remixing of ideas, yet intellectual property laws restrict what can be done with this information. Find out how you can use cheap, online tools for the development of your inventions, software, publications, or graphics without running afoul of these laws.

   As part of this presentation, we will hand out a list of online tools for UAF inventors, authors, software developers, and staff members. Learn about taking your invention from concept to market, avoiding common pitfalls of copyright law, using tools to publish books, brochures, and articles on demand, getting easy tools for project management, building a web scraper to collect online data, designing infographics using free software, using online repositories and open-source licenses for software projects, remixing stock footage without breaking the bank, and finding free data sources.

6. **Managing Your Leadership**, Brad Lobland, GRUE 208
   Learn how to converse with your supervisor effectively and professionally, with additional tips and tricks to keep your supervisor heading in the right direction.

   Success in life often hinges on two key elements: your ability to push yourself to greatness, and to exceed the expectations of others. The payoff is wonderful and builds your personal brand and repertoire. Branding keeps you current in your chosen field, opens up opportunities, and creates a lasting impression. One of the best ways to articulate your skills, experience, knowledge, and overall worth in today's competitive job market is to create a personal brand that helps you stand out in the crowd.

   The objectives to be covered in the session: define your brand and become an expert, establish a presence, generate brand awareness through networking and remember the three C's of branding.

8. **Thriving on Change**, Charlie Dexter, GRUE 306
   Don't just survive change, thrive on change!!! An action-packed, fun-filled adventure into the unknown.

9. **Chickens on the Cheep: Backyard Layers for Beginners, or Those Just Interested in Chickens**, Mara Bacsujlaky, GRUE 412
   Overview of keeping a small flock for personal egg consumption; covers equipment needed, coop and chicken
yard requirements, popular breeds for Alaska, how to raise chicks and how to set up and maintain a coop through winter.

10. **Be the Change! Fight Poverty**, Dana Kinzy, GRUE 205
   Many people believe that a college education is attainable for anyone who works hard enough, but have you ever wondered if such an education is equally accessible to all? Explore the hidden factors that influence success in higher education by examining your own advantages and disadvantages in an interactive and investigative poverty walk. Learn how we as university staff can draw on poverty awareness to assist students struggling with economic issues.

11. **Yoga, Yoga, Yoga**, Kate Avery, SRC Studio
   UAF staff member and registered yoga teacher Kate Avery will lead a 90-minute yoga session to help break you out of the daily grind. Some yoga experience suggested. Please dress appropriately and bring a mat if you have one.

12. **Zumba Fitness with Phoebe**, Phoebe Flanagan, MBS Hess Rec
   Get in shape the fun way! Zumba is an aerobic fitness class that will have you up on your feet and shaking your hips to Latin and international beats! This beginner-friendly class is for all fitness levels, and everyone can go at their own pace. Come try it!

13. **Sharpie Art**, Sarah Browngoetz, GRUE 401
   Learn a nifty way to combine Sharpie ink and rubbing alcohol on cotton cloth to produce groovy tie-dye-esque designs. A perfect way to breathe new life into a beloved t-shirt with an unfortunate stain or to brighten up a favorite yet faded T-shirt.

14. **Large Animal Research Station Tour**, Pam Groves, Meet at LARS Gate by 12:25
   Visit the Large Animal Research Station and see muskoxen, caribou, and reindeer. Some calves from this year may be visible. Learn about the natural history of these animals and their unique adaptations to the Arctic. Please note you need to arrange your own transportation to LARS, located off campus on Yankovich Road.

15. **So You Want to Design and Order Tote Bags…How to Ensure You Meet UAF Trademark and Purchasing Guidelines**, Jeni Macomber and Andrea Swingley, GRUE 409
   Overview of proper processes for producing PROMOTIONAL merchandise and items for giveaway. We'll answer questions such as: What is a UAF trademark? Who needs to review my art and why? Why do I have to use a licensed vendor? How do I know who is a licensed vendor? Do I have to pay royalties? Our goal is to make this process as pain-free as possible!
1:45 – 2:45 p.m.  

Workshop Sessions

1. **Nutrigenetics: Using Genetic Testing to Determine Your Best Diet and Exercise Program**, Dr. Ashley May, ND, GRUE 408  
   Nutritional genetics, known as nutrigenetics, focuses on a person’s genetic predisposition to respond a particular way to a given dietary nutrient or exercise regimen. This helps take the guesswork out of determining your best diet and exercise program, and provides a more proactive approach to disease prevention.

2. **The Alaskan Lifestyle: Health and Longevity in the Last Frontier**, Robert Coker and Sherri Coker, GRUE 206  
The age-associated loss of muscle contributes to an inability to continue daily life activities and decreases the pursuit of functional lifestyles. Scientific data that shows the beneficial influence of wild game/fish on the preservation of muscle supports the healthy benefits of Alaskan-based dietary protein and may help preserve the economic value of these resources as well. In addition, our group is currently working to transfer nutritional profiles common in Alaskan foods to clinical care application that will improve health outcomes in a variety of diseases.

3. **How to Grow and Care for Peonies in Your Garden**, Chris Bek, GRUE 412  
   Find out why the peony is such a great flower for Alaska, and how you can successfully plant them in your own garden. We'll talk about location, soil, watering and more in this workshop.

4. **Web Publishing Ninjas**, Christen Bouffard, GRUE 402  
   Do you know how to re-link a broken image on the web? Have you ever wondered why your link isn’t clickable? This hands-on session will share best practices, explain the structure of web pages, and introduce basic HTML to give you the tools you need to make fixes to web pages. If you are new to HTML, if you publish on the web using Blackboard or Wordpress, or if you just want to learn more, this session is for you. Please bring your own device if you want to follow along with the hands-on activities.

5. **Getting The Message Across!**, Maggie Griscavage, GRUE 413  
   This session will address effective and appropriate communication – the written word and how you deliver it. Delivering the message professionally, tactfully and concisely not only demonstrates your command of communication, but also ensures you minimize encountering situations where you are either misunderstood or misinterpreted, or both!

6. **I Work for a Bully... or Do I?**, Brad Lobland and Mae Marsh, GRUE 208  
   We don’t always like our bosses and/or co-workers. They can make work-life miserable. But, when is it drama, when is it bullying, and when is it illegal discrimination? This class is designed to provide you a framework for making tough work-life choices and decisions.

7. **Successful Managing and Mentoring: Keeping the Best and Brightest in Tough Times**, R. Madnick, GRUE 303  
   Mentoring is most often defined as a professional relationship in which an experienced person (the mentor) assists another (the mentee) in developing specific skills and knowledge that will enhance the less-experienced person’s professional and personal growth. Mentoring can be a great value when you need to keep the best and brightest in tough times. The session will focus on the following: how to find a mentor and/or mentee, the benefits of the mentoring relationship and the roles of a mentor and a mentee.

8. **Everyday Uses for Essential Oils**, Jessica Christensen, GRUE 205  
   A lecture on everyday uses for 7 different common essential oils from Young Living.

9. **How to Buy a Car**, Ashley Munro, GRUE 202  
   Learn how to decide if a new or used car is right for you, how much you can really afford on a car, and the steps to follow to make sure you stay within your budget and get what you need.

10. **Beginning Hip-Hop Dance**, Kendell Mac and Sarah Hulac, SRC Studio
Have you ever wanted to be able to moon walk or glide like Usher? This class will show you how to do some simple hip-hop moves and put them together in a short choreographed dance number.

11. **Juggling**, Martin Miller, GRUE 301
   Amuse your friends and co-workers, drive your dog wild, learn to juggle. This is an introduction to the basic 2 and 3 ball juggle. No prior experience needed, just a healthy willingness to show off.

12. **Treats Are a Part of a Heart-Healthy Diet**, Roxie Rodgers Dinstel, GRUE 306
   Are you tired of always denying yourself? Explore ways to make heart healthy choices that can improve the nutritional value of your diet and can give you the little pick-me-up you need to make it through the day.

13. **Needle Felting**, Sarah Browngoetz, GRUE 401
   This is a class for the artistically challenged. Anyone can learn to use wool roving and felting needles to make 3-D sculpture and/or wool “paintings.” This fiber art is surprisingly easy to master and enormously fun. It also has the benefit of being a particularly cheap hobby that is fun and fast (read: instant gratification).

14. **UAF Walking Tour**, Admissions Staff, meet in the Lobby of Signers’ Hall
   Explore the Fairbanks campus and learn interesting facts about the buildings and programs while getting a guided tour from Admissions staff.

15. **Sharing #NanookNation**, Andrew Cassel, GRUE 409
   As part of the living brand of UAF you have incredible power when it comes to sharing thoughts and ideas about being a part of the UAF community. This session will provide some ideas of how and what and where to share your school spirit.
3:00 – 4:00 p.m. Workshop Sessions

1. **Do You Have Radon?,** Art Nash, GRUE 408
   Is your house radioactive? Radon gas is produced by the breakdown of uranium in the soil and can cause serious health problems. To learn more about radon and find out if you have radon in your home, be sure to attend this workshop. Some participants will receive a free testing kit.

2. **Skin Care and Makeup Information,** Rauchelle King, GRUE 202
   If learning how to take care of your skin at any age or getting new makeup tips sounds interesting, then this is the class for you! Skin care is vital to your health and is just as important as exercise. Even if you’ve used skin care and makeup products for years, you will learn something new in this class! These makeup tips come from an award-winning Hollywood makeup artist and range from everyday to glamour applications. Free samples are available to participants.

3. **Composting in Fairbanks,** Steve Seefeldt, GRUE 208
   How to make a hot compost to recycle organic waste in Fairbanks is explained.

4. **Excel Tips and Tricks,** Mary Buchanan, RAS 301
   A brief overview of Excel with tips on shortcuts, basic formulas, and making your spreadsheets print the way you want.

5. **VoIP Phones, Dave Hill,** GRUE 413
   Tips and tricks about the new Cisco VoIP Phones plus Q-and-A.

6. **Digital Scrapbooking, AKA What to Do with All Those Photos,** Julie Benson, GRUE 306
   Learn how to take all those digital images and turn them into books. We will examine photo books, photo pages, and finally, creating your own digital scrapbooks on your laptop!

7. **Using Training Effectively: The Importance of Onboarding Research Administrators,** R. Madnick, GRUE 303
   Training is crucial for organizational development and success. Research administrators are hard to recruit, so many of us are relying on our skills of hiring great people and training them. Most of us have also identified super performers in our groups and want to offer them training to move to the next level. Or, maybe you want to move an employee from average to excellent. What we know for sure is the lack of an effective training program can lead to the loss of good employees and thus cripple the organization.

   Developing an effective research administrator training program is vital to the long-term success and growth of your organization. By taking an organized approach to training, you can achieve an excellent return on your training investment. The objectives to be covered in the session: identifying your essential training requirements for onboarding, deciding on the training goals and objectives, creating a training program and monitoring and evaluating the training.

8. **Resume Building,** Patti Picha and Ellen Cruse, GRUE 412
   There is no time like the present to dust off your resume and make a few changes, updates or complete overhaul. From the perspective of Career Services and Human Resources we will be discussing resume formats and ideas to make your resume stand out. Bring your resume if you would like, but not required.

9. **It’s Complicated: The Ins and Outs of Payroll,** S. Pense, D Lighthall, S. Carlson, and K. Baldwin, GRUE 205
   This session will take a light-hearted approach to getting paid including calculation and IRS form W-2; tax treatment of employee deductions and employer benefits; the many definitions of gross income; why TRS/PRS wages sometimes seem not to add up; and other valuable information related to payroll.

10. **Storytelling,** Martin Miller, GRUE 301
    Once upon a time a would-be storyteller had a few questions: Where do stories come from? What makes
a story work? How do you get there? Come help find the answers in this interactive collaborative story....

11. **Zumba with Reina**, Reina Hasting, MBS Hess Rec
   Are you ready to party yourself into shape? That’s exactly what the Zumba program is all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that’s moving millions of people toward joy and health. Join licensed instructors for an hour of FUN that won’t even feel like exercise!

12. **Aikido Moving Meditation**, Michael Abels, SRC Studio
   Discover how to deal with job-related stress through application of Aikido’s internal energy exercises. No experience necessary, but all movement will be from standing exercises. As requested, we demonstrate one Aikido self-defense technique.

13. **Family Cooking Made Easy**, Amy Bristor, GRUE 206
   As a busy mom of two wonderful girls, I try to juggle a full-time job, swimming lessons, cleaning the house, gardening, shopping and cooking almost every night. I hope to help you plan out your week so you are prepared, not so overwhelmed, and inspire you to try something new. We will talk about meal planning for the whole week and how to shop once.

14. **Wood Center Tour**, Cody Rogers, Wood Center Front Desk
   Come get a sneak peek at the new construction at the Wood Center and learn what it has to offer you!

15. **Photographing for the Brand**, Todd Paris, GRUE 409
   Tips on composition, recognizing and using available light and on-camera flash, taking advantage of your camera's manual controls, and processing/storing your images for future access.