## 2016 STAFF RECOGNITION AND DEVELOPMENT DAY, THURSDAY, MAY 12

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>9–10:15 a.m.</td>
<td>• Welcome from UAF Chancellor Mike Powers&lt;br&gt;• Longevity Awards presentation</td>
<td>Wood Center, Carol Brown Ballroom</td>
</tr>
<tr>
<td>11 a.m.–1:30 p.m.</td>
<td>Health Fair</td>
<td>Wood Center mall, multilevel lounge</td>
</tr>
<tr>
<td>10:30 a.m.–1:30 p.m.</td>
<td>Human Resources open enrollment Q&amp;A</td>
<td>Wood Center mall, multilevel lounge</td>
</tr>
<tr>
<td>11:45 a.m.–1:15 p.m.</td>
<td>Lunch</td>
<td>Wood Center, ballroom</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>Chancellor’s Ice Cream Social</td>
<td>Wood Center mall, multilevel lounge</td>
</tr>
</tbody>
</table>

### SESSION I — 10:30–11:30 A.M.

- **Leadership: It’s More Than a Position or Title, It’s Action and Example**<br>Margo Griffith, UAF senior Human Resources consultant, Gruening 409
- **Arctic Chaga for Optimal Health**<br>Elena Vyndorf, UAF graduate student, and Dennard Hegna, local business owner, Gruening 408
- **Zumba class**<br>Reina Hastings, Cooperative Extension nutrition educator, Student Recreation Center fitness studio

### SESSION II — 1:30–2:30 P.M.

- **Basecamp for Project Management**<br>Kim Davis, UAF Marketing and Communications special projects director, Gruening 307
- **Green Dot training**<br>(apx. 1.5 hrs.) Kim Swisher, UAF Department of Social Work clinical assistant professor<br>Ronnie Houchin, UAF transitions programs coordinator, Gruening 205
- **Hosting Google Hangouts On Air**<br>Naomi Hagelund, University of Alaska instructional program consultant, Gruening 208
- **Recording Stories: Capturing Oral Histories**<br>Leslie McCartney, UAF Rasmuson Library curator of oral history, Rasmuson 340, media classroom
- **“Kiguğuyat: The Northern Lights” screening in the portable planetarium**<br>Emma Marcucci, UAF Geophysical Institute postdoctoral fellow, Regents’ Great Hall
- **New Trends and Platforms in Social Media**<br>Andrew Cassel, UAF Marketing and Communications social media coordinator, Gruening 408
- **Photo Tips: Quick and Easy Ways to Make Your Photos POP!**<br>Jason Lazarus, UAF Journalism Department photography instructor, Gruening 301
- **Process Mapping 101**<br>Julie Queen, UAF Office of Management and Budget director<br>Faye Gallant, UAF Office of Management and Budget business analyst, Gruening 304
- ** Retirement Planning Tips and Strategies... You CAN do this!**<br>Bobby Weaver, Keyes & Associates Inc., Gruening 309
- **The 57-Minute Writing Workout**<br>Ned Rozell, UAF Geophysical Institute science writer, Gruening 206

### SESSION III — 2:45–3:45 P.M.

- **Container Gardening: Tips and Tricks for Flowers and Veggies in Containers**<br>Emily Reiter, UAF Department of Chemistry lab coordinator, Gruening 307
- **Dance Every Day**<br>Brighton Brooks, UAF eLearning & Distance Education academic advisor, Hess Recreation Center
- **“Kiguğuyat: The Northern Lights” screening in the portable planetarium**<br>Emma Marcucci, UAF Geophysical Institute postdoctoral fellow, Regents’ Great Hall
- **It’s Better Together: Creating a Personal Mastermind Group**<br>Bambi Nelson, UAF College of Rural and Community Development program coordinator, Gruening 304
- **Yoga Basic**<br>Marsha Munsell, UAF School of Natural Resources and Extension nutrition educator, Wood Center multilevel lounge
- **The Future of Recycling in Fairbanks**<br>Becca Brado, Green Star of Interior Alaska executive director, Gruening 408
- **Smartphone Photography 101**<br>JR Ancheta, UAF Marketing and Communications photographer, Gruening 412
- **UA F engineering building tour**<br>Cam Wohlford, UAF Design and Construction senior project manager, engineering building lobby
- **UA F Geophysical Institute tour**<br>Sue Mitchell, UAF Geophysical Institute public information manager, Elvey Building lobby
- **Aikido: Moving Meditation and Self-Defense**<br>Mike Abels, UAF Toolik Field Station operations manager, Student Recreation Center fitness studio

*Session offered in Google Hangouts*