

# Staff Appreciation Day

## May 16, 2012

- 8:00-8:50 **Breakfast & GI Barbershop Quartet**, Wood Center
- 8:50-9:00 **Chancellor's Welcome**, Wood Center Ballroom
- 9:00-2:00 **Frisbee Golf Tournament**, Outdoor Adventures  
Find a teammate and pick up your supplies at the Outdoor Adventures Office anytime. You must complete the course by 2pm. The winning team will receive the coveted Golden Frisbee.
- 9:00-2:00 **Photo Scavenger Hunt**, Wood Center  
Find a co-worker and a camera and check in at the table in the Wood Center for your first clue. You'll find more clues hidden around campus. Once you complete the scavenger hunt, return your pictures to the table and sign up for to win a great prize during the Ice Cream Social.
- 11:00-3:00 **Wacky Bowling Competition**  
Create a team of 5 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. The winning team will receive a trophy to display for one year. Wood Center has donated shoe rentals for all competitors.
- 9:15-10:15 **Workshop Sessions**
- University Advocacy**, Ann Ringstad ROOM
  - UAF Toastmasters**, Jessica Andrew ROOM  
UAF Toastmasters is a public speaking, communication, and leadership club that meets once a week on campus to practice planned speeches and impromptu speaking skills. This session will sample a Toastmasters meeting so staff members can get an idea of what our club meetings are like, and how they help members become better communicators and leaders.
  - The Power of Framing**, Sarah Stanley ROOM  
This workshop will investigate words, metaphors, and framing as they relate to higher education and politics. Our discussion will be based on participants' multiple experiences with words and communication with the goal of fostering critical language awareness at UAF.
  - Lotions and Potions**, Virginia Damron, ROOM  
An exploratory journey into some DIY herbal skincare products.
  - Yoga & Circuit Training**, WIN for Alaska ROOM  
Try out the two most popular WIN sessions at UAF. We'll spend 30 minutes showing you yoga moves and 30 minutes on circuit training. Wear clothes you can move in and bring a yoga mat if you have one.
- 9:45-10:45 **Workshop Sessions**
- Team Building**, Lisa Hall ROOM  
There are a variety of team building ideas to learn and enhance your team.
  - Belay Clinic**, Sam Braband, Climbing Wall **This session is 1.5 hours (9:45-11:15).**  
Interested in learning a new skill? Come join the folks at Outdoor Adventures and learn the technique of belaying. In this session you will learn the knots, equipment and belay motion necessary to keep the climber safe while rope climbing. No experience necessary.
  - Lead From Where You Are**, Wendalyn Tisland, ROOM, **This session is 2 hours (9:45-11:45).**  
Workshop on how we all can be leaders, regardless of the position we hold. How to develop your leadership skills and influence others in positive ways that enhance our organizational effectiveness.
  - Got Humans? Got Conflict!** Mae Marsh, ROOM  
If you work with other humans, you will most likely encounter conflict. This workshop explores how, if handled properly, conflict can be healthy and good for the organization.

Using a professional instrument, you will discover your preferred mode for engaging conflict and learn techniques to maximize effectiveness when conflict arises. If you want to just do your job and scale back the drama, this workshop is for you. Perhaps it won't be utopia but it can be civil.

• **Learn a Little Russian**, Alla Grikurova ROOM

This will be a great opportunity to learn a few words in Russian. Whether you're planning a trip or want to learn a foreign language, you can start here.

10:30-11:30 **Workshop Sessions**

• **Composting with Earthworms**, Taylor Maida, ROOM

Composting with worms.... Red Wiggler Worms can enable you to compost household garbage indoors all year. Students will have option to build their own small worm-composting box and learn how to maintain it.

• **Learning about Customer Service & Group Dynamics**, Charu Uppal ROOM

1. Importance of customer service

- Internal customers: faculty, students, and other departmental liaisons

- External customers: vendors

2. You can be a leader: learning about leadership

3. Effective group communication

4. Conflict management

5. Dealing with diversity on a daily basis.

• **May Daisies**, Debbie Mekiana & Carol Murphrey ROOM

Teach the group how to bead a daisy chain with small seed beads, thread and needle.

• **How to Manage Your Leadership**, Brad Lobland, ROOM

Learn how to converse w/your supervisor effectively and professionally. And other tidbits to keep your supervisor heading in the right direction.

• **Situational Leadership**, Robert Mackey ROOM

This presentation discusses the difference between management and leadership and provides a model for changing people and your organization. Conceptualizing leadership as a process, this is an easy model any manager at any level can learn and use to improve their leadership ability.

11:00-12:00 **Workshop Sessions**

• **Greening Your Department**, Michele Herbert, ROOM

Greening your UAF work environment Michele Hebert, Director for Office of Sustainability will share tips on conserving electricity, paper, ink/toner, etc. and workplace recycling.

• **Money Management for the Long Haul**, Roxie Rogers, ROOM

Why do we buy the things we do? What motivates us to purchase right now and put our financial future at risk? This session will explore why we have become a nation of consumers and how we can take positive steps to regain money control.

• **Can You Really Write a Book?** Barbara Gabel, ROOM

Talk about the necessary things to writing a book: storyline, hooks, dialogue, editing and more as time permits.

11:30-1:00 Lunch, Lola Tilly Commons

12:45-1:45 **Workshop Sessions**

• **Shiva Nata**, Julie Logdson, ROOM

Shiva Nata (Andrey Lappa's Dance of Shiva) is a yoga-based mind-body training system that builds new neural connections and stimulates epiphanies. The more you practice, the better you get at recognizing your patterns, breaking them down into their components and building something entirely new to take their place. It's like nothing else you've ever done. It's visually stunning. It messes with your head. And restructures the brain so you can have hugely exciting moments of understanding in a really safe, systematic way. Sudoku for your brain. A dancing puzzle that sparks moments of ohmygod how did I not see that before. You are taking stuff apart and putting it back together in a way that works better. This leads you to bizarre

and awesome personal breakthroughs, usually within 24 hours of practicing. People have used it to learn languages, quit smoking, become more coordinated, build arm and upper back muscles, have huge emotional understandings, recharge and/or quiet their brain, and pretty much anything else that involves patterns.

- **Campus Walking Tour**, Mary Kreta, Meet in Signers' Hall

A fun walking tour of UAF's campus highlighting the history and unique highlights of the Fairbanks Campus.

- **Zumba**, Tammy Long ROOM (SRC)

One hour of heart raising foot stomping dance with awesome music that is totally exciting and not like exercise at all! Featuring Merengues, Cumbias, Reggaetons, Salsas and more. I would love to lead our staff through a beautiful sample of what Zumba has to offer for health and fun not to mention an exhilarating motivation per great music.

- **UAF Police Department**, Kyle Carrington, meet at Whitaker Building

Take a tour of the UAF Police Department and learn what they do for you.

- **Botanical Greenhouse Tour**, Katie DiCristina AHRB Building

Come check out the new horticulture greenhouse at UAF. We'll show you around the new facility, how it functions and what its being used for.

12:00-3:30

**Resource & Health Fair**, Wood Center

1:00-2:00

**Workshop Sessions**

- **Technique Clinic**, Sam Braband, Climbing Wall, **This session is 1.5 hours (1:00-2:30)**

If you are new to climbing or a seasoned veteran this session is for you. Come down to the climbing wall in the SRC and receive some tips and techniques that will help you learn or improve your climbing technique. No experience necessary but participation in the belay clinic is highly encouraged.

- **Introduction to FileMaker Pro**, Derek Bastille, ROOM

This session will give attendees a brief overview of the FileMaker Pro 11 RDBMS application. During the session we will also develop a small website tracking database. Examples of larger FileMaker database solutions will be shown at the end to give attendees a better feel for the capabilities of FileMaker.

- **Safe Texting with Teenagers**, Candi Dierenfield ROOM

Statistics, safety information regarding teens as well as important information parents should know about parameters of cell phone contracts and the potential legal woes. Consider the facts... You might be asking yourself if your children or children you know really are doing this. Sexting is a current trend among teenagers (Baker, 2009). Teenagers are sending sexual messages and naked pictures of themselves to their boyfriends, girlfriends or even strangers. Cell phones have an illusion of privacy, but around the world, teenage sexters are making headlines after their nude or seminude photos circulated beyond their intended recipient. Text messages can become public in an instant. Someone usually can find you if he or she tries hard enough even if he or she only knows you by screen name, online profile, phone number or e-mail address. One study found that girls and boys are equally likely to sext, while another study found that girls are more likely than boys to take nude or seminude images. Boys are more likely to forward them. Research also shows that 17- and 18-year-olds are more likely than younger children to send or receive sexts.

- **Card Making**, Ann Hovde ROOM

Introductions on how to make your own personalized greeting cards. There will be hands-on instructions that will cover several unique techniques. Everyone leaves with their own card to share.

- **Forum with Chancellor Rogers**, ROOM

- **The Vitamin D Initiative**, Dr Ashley May, ND from Alaska Center of Natural Medicine ROOM

Eradicating an Epidemic Summary of Lecture: Bringing awareness to the effects of Vitamin D deficiency to Alaskans.

2:00-3:00

**Workshop Sessions**

- **Street-Level Bureaucrats in Higher Education**, Robert Mackey ROOM

This presentation discusses how higher education street-level bureaucrats use their discretion and autonomy to impact implementation in accordance with their personal values and their level of psychological development. It is hoped that the lessons of this research will help managers consider the importance of street-level bureaucratic behavior in planning and implementing a new policy or program.

- **He Sounds so Real!** Barbara Gabel, ROOM

Develop characters in your book that people will want to believe in and follow through their many adventures.

- **What is Sustainability?** Kaz Alvarez, ROOM

Our group's project, Kids in Involved in Conservation is seeking to expand our fun, interactive lessons into an adult audience. This workshop would be an introduction to our other workshops and shed light on the idea of sustainability. Through fun games and engaging reading, we seek to show our participants that sustainability is not a chore but a potentially fun and exciting hobby.

- **Getting Out of Debt**, Roxie Rogers Dinstel ROOM

- **Travel Spanish**, Kim Stewart, ROOM

Learn to speak Spanish. This session will focus on important phrases for travelers.

2:15-3:15

**Workshop Sessions**

- **Gardening**, Emily Reiter, ROOM

- **Staff Council Hot Topic: What's Affecting Your Paycheck**, ROOM

Ways to make your voice heard on staff issues.

- **Swing Dance**, Kurt Byers ROOM

Jack up your social fun quotient by learning the basics of East Coast swing from Kurt Byers, founder and president of the UAF Good Time Swing Dance Club!

- **Form Letter Merging**, Jennifer Youngberg ROOM

- **Controlling Your Genes**, Dennis Eames, Alaska Center for Natural Medicine ROOM

This course will explore numerous factors that influence genetic expression and present strategies you can use to increase the likelihood that your genetic code will produce healthy cells. It was once thought that each human gene produced one particular protein to produce a particular type of cell in the body. What geneticists now know is that the same gene can produce a range of healthy cells and diseased cells. A new branch of science has emerged called epigenetic, or above the genes. This talk will explore common factors that influence genetic expression and how you can use epigenetics to enhance your health.

3:30-4:30

**Longevity & Award Ceremony**, Wood Center Ballroom

4:30-5:00

**Ice Cream & Cotton Candy Social**, Wood Center

Door Prizes announcements start at 4:30

5:00-7:00

**Staff Trivia Night**, UAF Pub