



Oceans of Opportunity

STTACC Annual Conference August 14 & 15
Everett Community College Campus
See page 19 for more information.



STTACC CHAT

Volume 12, Issue 1 - Spring 2014

In This Issue



From the President

Dear STTACC Community,

Spring is finally here! I love the longer and warmer days, as well the smell of fresh cut grass. Spring quarter is usually the busiest quarter for me, so it seems to go by too quickly. Before I know it I'll be at graduation watching

about half of our students move on. This is the hardest part about working at a community college. It seems like once I get to know students well they are leaving, and then it's time to work with new students who will bring new challenges as well as new ideas and new prospects.

With graduation around the corner for all of us I'm sure it's a busy time for you. It seems like whether you're in Student Services, Grounds, or Instruction there is more to do in spring than other times of the year. With the hustle and bustle make sure you take time to stop and smell the flowers. Learn to enjoy the process of what you do, not just the outcome. I have learned that is when I am happiest.

Continued on page 2.

Jim Sorensen, STTACC President

Register Today for STTACC's Annual Conference

Oceans of Opportunity
Keynote address by Ciscoe Morris.
See Page 19 for registration information.

League of Innovation Literary Awards Announced

Seven award winners will receive recognition and prizes for their success in the Seattle Colleges Annual League of Innovation Literary Contest.
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Seattle Central Emergency Response Course opened to District & Classified Staff

(CERT) Training is a series of courses that are intended to prepare people to take action in the immediate aftermath of a disaster.
Page 9

"STTACC supports innovation, training and leadership by providing resources and connections to our Classified Staff members throughout Washington State."



Did you know Microsoft offers free training videos?

Microsoft Office Training video tutorials are available for Microsoft Word, Microsoft Excel, Microsoft Access and more...

Watch online at

<http://office.microsoft.com/en-us/training/>



From the President (continued)

The Board is wrapping up with our goals for this year, and we are already planning for next year. If you want to be part of the Board next year please feel free to apply at the Conference in August. My experience on the Board has been amazing, and my time has been very fulfilling. STTACC is for you, and it needs people like you to keep it going. Please remember to ask your supervisor before applying for a board position because it does take a time commitment, especially to attend the four board meetings we have every year.

I can't wait to see many of you at the STTACC Conference at Everett Community College August 14th and 15th. Missing last year's conference was really tough on me, so I am very excited for this year's. Thank you for giving me the chance to be your president. It has been a great year.

~ **James Sorensen**
STTACC President



How can you get involved with STTACC?

Facebook

Facebook is a social network, a massive information hub. Share your stories, "Like" us and check in. Stay connected, view pictures, learn, laugh and explore STTACC on Facebook.

www.facebook.com/STTACC

STTACC Chat

Become a contributor. We want your information. Expose the great things happening on your campus and find out what member colleges are up too. Send info to your college contact.

<http://sttacc.net/state-regions--contacts.html>

2013 - 2014 STTACC Board

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For State Regions & College

Contact information visit:

www.sttacc.net/state-regions--contacts.html

The STTACC Board meets during the year at different member colleges to conduct STTACC business and plan for the Annual Conference. The board meets at the host college in Spring prior to the Annual Conference for final planning.

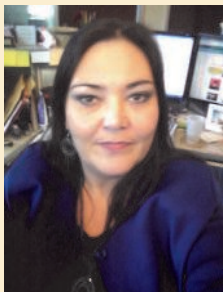
2013-14 Board Meetings

- Friday, October 18, 2013 at Pierce College
- Friday, February 21, 2014 at Wenatchee Community College
- Friday, May 16, 2014 at Everett Community College
- Wednesday, August 6, 2014 at Everett Community College

The STTACC Board is made up of Classified Staff employed at technical and community colleges throughout Washington State. From Spokane to Grays Harbor they volunteer their time to manage the business of running STTACC and planning annual events.

There are three ways you can get involved with STTACC:

1. You can be a STTACC College Contact.
2. You can be a STTACC Region Coordinator representing a specific region. Region Coordinators are elected positions.
3. You can run for a STTACC Executive Board Office; elected positions President-Elect, Treasurer, Recording Secretary, Webmaster and Communications Coordinator. The position of President is a



Shylowe Statzer

Region E Coordinator, 2013-14

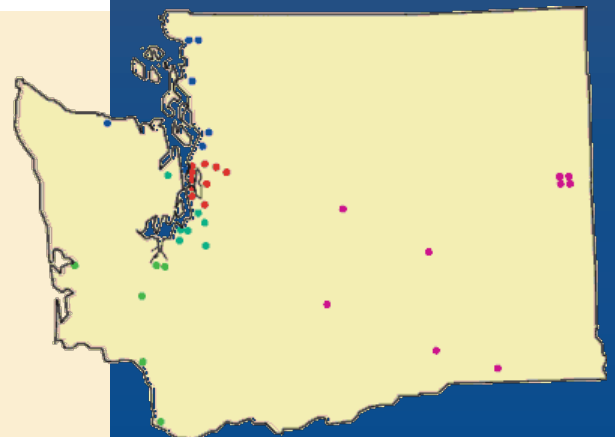
Pierce College, Lakewood WA
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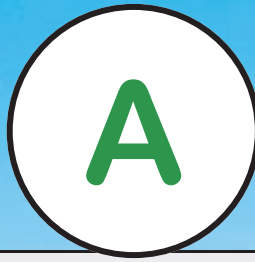
I have worked for the state for over 16 years. I started off at TCC as a work-study student, graduated from TCC and started working there in a permanent position. I worked for TCC for 6 years then went to DSHS for 2 years, DOL for 3 years and Pierce for 5 years.

*Welcome Shylowe,
STTACC's
Newest Board
Member*

I am a proud mother of 2 kids. I have a 3 yr old grandson and expecting a new baby granddaughter in November.

I also volunteer at WCCW (Purdy Prison) for the Native American Circle where I teach them culture, positive thinking, and attend Sweat Lodge with them.





State Regions, Region Coordinators & College Contacts

Did you ever wonder what region your college is in, or who to contact to give or receive information about STTACC events, college events and training resources?

The function of a region is to share ideas and to establish a communication network, assist in defining classified staff development regionally, furnish material to a newsletter and resource bank once a quarter, and elect a regional coordinator who coordinates those activities.

Contact your Region Coordinator or College Contact for more information about what's happening in your area.

Region A Coordinator Angela Fenn regiona@sttacc.edu	Region B Coordinator Marion Heard regionb@sttacc.edu
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A Region A Colleges

Submitted by Berta Gibby
Grays Harbor College

I would like to introduce myself as the new communications coordinator on the Staff Development & Training Committee (SDTC) at Grays Harbor College (GHC). I have been a classified staff with GHC in the WorkFirst office for over 14 years. I enjoy being part of this committee and look forward to my three year term. I believe being part of SDTC is a great chance to get to know my co-workers better and to become more involved with the college community as a whole.

I would like to thank Sarah Gillies-Alvarez, SDTC's previous Communications Coordinator, and Rose Pendergast, SDTC's previous Treasurer. Sarah and Rose completed their three year term on the committee and donated a lot of their time over the past three years. They utilized their skills to help shape the SDTC to what it is today. Our new Staff Development and Training Committee members for the 2013-2014 year are:

President: Phil Darrin	Secretary: Paula Boerner
Past President: Janet Parker	Treasurer: Marjie Stratton
Vice President: Gail Winkelman	Communications Coordinator: Berta Gibby
Web Master: Jason Davison	

SDTC have had another busy year. During Fall Quarter we purchased t-shirts for staff on campus with our fundraising money. Classified staff had our first opportunity to wear them at All College Day in February! Check us out in our new shirts! We really do put the class in classified!



For our winter fundraising event, we held a Chili Cook-off and raffle. All employees at GHC had the chance to enter their homemade chili or soup; all employees and students on campus could purchase a raffle ticket by donation. We also raffled off two sets of donated tickets to attend the GHC play *Les Miserables* along with a wine tasting at the Westport Winery. Both fundraisers were a great success and will allow us to continue to fund more people for staff development. So far this quarter we have funded five classified staff employees training requests that will assist two staff in obtaining their bachelor's degrees as well as funding a few personal enrichment courses.

Our committee is currently planning a staff barbeque for July and we are getting ready for our Annual Breakaway Day. We are busy promoting staff development and are working to get more staff on campus to utilize funding that is available to them through SDTC.



B Region B Colleges

Submitted by Jan Ng
Bellevue College

Feb. 17: PD Day follow-up: 189 registered. Survey results were positive with the most kudos going to Jerry Workman from Big Bend CC who provided workshops on *Behavior Styles*.

Feb. 20: Pluralism Advocate/Representative Training (for staff interested in being on hiring committees).

March 4: was **Emergency Preparedness** planning day at Bellevue College. Offices were closed and classes were cancelled so all employees could participate. The day started with breakfast and an overview by the President and the VP of Administrative Services. The rest of the morning was a collaborative presentation on how City of Bellevue and King County agencies would respond to an emergency event on campus.

- We were advised to call 911 first when in imminent danger.
- State the full address for your location, as GPS sometimes provides only a general location.
- The Fire or Police Department first responder will assess what kind of back up is needed and will take charge.
- In an emergency, *everyone* must be prepared to help as instructed.

After lunch, employees chose three of 10 sessions to attend and explored information tables and demonstration areas (police gear and vehicles, EMT personnel and kits, for example). The active shooter session was quite popular, as was surviving a heart attack. Other sessions included Personal emergency preparedness (make a kit, make a plan, get involved), general police response, and how to use a fire extinguisher. Safe at Work training was also offered in the afternoon. (submitted by Becky Turnbull).

With front desk and other staff in mind:

In support of the College's commitment to a safe working and learning environment and its emergency response planning, Public Safety and Human Resources are pleased to co-sponsor the **Safe at Work** workshop for staff.

Presented by Ellis Amdur of **Edgework Crisis Intervention Resources**, an accomplished professional in the field of crisis intervention and verbal de-escalation, this workshop helps staff to recognize and practice skills which will:

- Calm and de-escalate angry or aggressive individuals
- Communicate effectively with individuals with intense or unusual communication styles

All attendees of this workshop received the book, **Safe at Work**, in advance so that they can become acquainted with key concepts and strategies for de-escalation.

March 5 & 10: Pluralism in the Selection Process Training (for Staff interested in working on pluralism processes)

April 7-June 16: Meditation Class, Mondays from 12:30-1:00pm

April 8-June 17: Seeds of Hope Gardening Club, Thursdays, 12:00-12:30pm

April 7-June 17: Wellness Activities (include racquet sports, open gym, Zumba, biking, and more)

April 21-25: The 15th Annual Earth Week at Bellevue College is themed *Create Eco-topia*. *Create Eco-topia* is about understanding how "place" influences us – and how we influence place (where we live – our houses, networks, ecosystems, markets).





B Region B Colleges

Submitted by Kathy Johnson

Lake Washington Institute of Technology

We held **Support Staff Professional Development Day**, a day of training and celebration for all our support staff during the spring break. The theme was “**Sailing the Cs**”. Our main session was **Learning Through Laughter** by Wing-It Productions of Jet City Improv. Laughter helps us:

- **Collaborate** by breaking down silos, creating bonds, and building trust.
- **Communicate** by bridging cultural and generational gaps, creating shared memories, and breaking down barriers.
- **Create** by getting us out of the box, generating new ideas, and opening our minds.
- **Complete** projects by turning ideas into action, boosting productivity, and releasing energy.

Other sessions included:

- **Working with Students’ Inappropriate Behavior** by Dr. Ruby Hayden, LWIT Dean of Students
- **Identity Theft** by George Thompson, Education and Community Development Specialist for School Employees Credit Union of Washington (SECUWA)
- **Retirement Readiness** by Jeff Dixon-Ross, the Education & Outreach Representative for the Department of Retirement Systems (DRS)
- **You Can Learn It** Lynda.com Training by Rhonda DeWitt, an LWIT Help Desk Technician
- **Cultural Competency Activity** by Sally Heilstedt, the LWIT Coordinator of Assessment & Development
- **Keeping Our Community Safe** by Anthony Bowers, the LWIT Manager of Safety & Security
- **LinkedIn for Personal Professional Development** by Jennifer Dalby, the LWIT Director of eLearning

Writing Documents in Plain Talk was offered through Washington State Department of Enterprise Services. This is one of our most well attended trainings. Typical feedback such as, “This is the best and most useful training I have ever had. I use it every day in my job”, is common. Virginia Givens of Write Words Inc. was the instructor for these trainings. I highly recommend it for anyone.

Diversity Related Educational Events celebrated recently include:

- A celebration of **New Year’s traditions in Asian cultures** in January included sushi, cookies, lucky red envelopes, and displays about different Asian cultures.
- **International Woman’s Day** was observed with a video about women’s achievements and a display of famous and influential women.
- **Maslenitsa** also known as Butter Week, Crepe week, or Cheesefare Week, is an Eastern Slavic religious and folk holiday. It is celebrated during the last week before Great Lent. It is the last week during which milk, cheese and other dairy products are permitted. Russian Dancers performed a traditional dance to celebrate spring. The celebration included pirozhki, blintzes, and caviar.
- For **St. Patrick’s Day** we had Irish Dancers, a display of St. Patrick’s Day customs and the history of St. Patrick, and chocolate coins at the end of the rainbow.

Classified staff attended various other trainings such as **Supervision Essentials** through Department of Enterprise Services, **Forty, Fabulous, & Flat Broke** by Karen Childs of WSECU, and **Hazwopper Hazardous Waste Training**. Staff continue to take many classes both at our



B Region B Colleges

Submitted by Ty Pethe

Seattle Central Community College

In March of 2013, the Classified Development Advisory Committee of Seattle Central (CDAC) reached out to Dr. Killpatrick (President of Seattle Central College) and the City of Seattle – Office of Emergency Management in hopes of bringing the Community Emergency Response Team program (CERT) to Seattle Central. We (CDAC & Dr. Killpatrick) saw this as a great opportunity to bring a nationally recognized FEMA program to our campus community.

The CERT program is designed to train members of the community to respond to any disaster when it happens and start the emergency relief efforts while our government response organizations are overwhelmed. It is crucial that emergency response (*such as: fire control, utility management, first aid, shelter, and light search & rescue*) takes place within the first 24 hours of a disaster. CERT members are trained to organize, implement, and provide this response effort in their communities (*home, workplace, etc.*) as soon as a disaster happens and be able to continue these efforts until other professional response efforts can take over. This means CERT members may be the only people assisting the community for over a week in many cases.

Over the last year and with the full support of Dr. Killpatrick, we made arrangements and coordinated scheduling this course so we could offer it to our classified staff as a professional development opportunity. This February, we proudly announced the dates and open registration for our first CERT Class!

After enrolling all the Classified Staff that immediately responded to our announcement, we eventually opened up the course to anyone within the District. We ended up having 28 participants registered for this six week (including an additional all-day Saturday class) course. So far, we are in the second week and have heard nothing but positive responses.

This class is completely free. It's being held on the Seattle Central campus in the Student Event Center (BE 1110). JoAnn Jordan & Cathy Wenderoth from City of Seattle are the trainers for the course, and our very own CDAC Chair, Ty Pethe, is an assistant trainer.



About CERT

Following a major disaster, emergency services that people have come to rely on will be overwhelmed and unable to meet the increased demand. The Community Emergency Response Team (CERT) Training is a series of courses that are intended to prepare people to take action in the immediate aftermath of a disaster. The training is a combination of skills based classes that will teach participants about Fire

Suppression, Utility Control, Light Search and Rescue and Disaster First Aid, in addition to basic tenants of Emergency Preparedness and Emergency Response.

Because CERT training is designed so each class builds on the previous one, it is important that participants be available to attend all of the classes. The course will be held on:

Tuesday, April 8 th , 2014	5 PM - 8 PM
Tuesday, April 15 th , 2014	5 PM - 8 PM
Saturday, April 19 th , 2014	8:30 AM – 4:30 PM
Tuesday, April 22 nd , 2014	5 PM - 8 PM
Tuesday, April 29 th , 2014	5 PM - 8 PM
Tuesday, May 6 th , 2014	5 PM - 8 PM

If you would like more informational, please email us at:
CCDAC@seattlecolleges.edu.





B Region B Colleges

Seattle Central Community College

On March 13, 2014, the Seattle Community College District Board of Trustees unanimously voted to drop “Community” from the district and colleges’ names. The concerns and opposition expressed by students, staff, and faculty went unheard. We feel that we were not invited into the discussion of this issue.

The unions that represent the staff and faculty of the Seattle Community Colleges District (Washington State Federation of Employees Local 304 & American Federation of Teachers – Seattle Community Colleges Local 1789) both voted to keep “Community” in our district and colleges’ names because we think Community is an essential part of our vision and purpose; education that is accessible and grounded in our communities. We question the validity of the survey data used to justify this change.

They claim that dropping “Community” is a rebranding that is friendlier to prospective employers and graduates of the new baccalaureate programs. However, rebranding sidesteps the deeper significance of community colleges and how the name symbolizes a commitment to disenfranchised people of color and immigrant communities.

We must consider these communities concerns while addressing the real problem: decreasing enrollment and funding. Our colleges are currently facing a slide in enrollment that may cause financial ruin if it continues. However, we must ensure that everyone is able to attend community colleges and concentrate on programs like college prep, basic adult education, English as a second language, and STEM programs. Our students must feel welcomed, regardless of their background.

Engaging the community to discover solutions must be our highest priority. We must foster a dialogue and work inclusively with all communities, not just the business lobby. There are more important changes than just a simple PR fix, like changing our name. How long will it be until we must change our name again because “college” has lost its meaning and we must become a “university”?

Our mission is to provide high quality educational opportunities to any student in a diverse learning environment. The only way to know what offerings are relevant to our changing society is to listen to our audience, the current and future students. We must ask them to tell us what inspires them and what they are interested in studying.

To strengthen our reputation, we should refocus on improving our educational environment and showcase the academic achievements of our staff and students. We must also fix our current problems: facilities in need of overdue repairs, short staffed departments, the services our students rely on are overwhelmed, and all the staff & faculty are under paid. We have cut programs that were nationally recognized as leaders in their fields.

Let’s reverse this sorry state. Let’s proudly demonstrate our successes and become a leader in community. Let’s change our course offerings to reflect the modern era of intelligent/creative economy, focus of STEM fields, need for collaboration, instant communication, DIY rapid prototyping, and a multidisciplinary approach. Let’s bring Community back!

If you care about the future of our region, we urge you to contact the Board of Trustees and Chancellor’s Office and ask that they publically address these issues and start a conversation with all of us. Our community needs to discuss what our educational and economic future will look like. It is time for a broad dialogue throughout the Seattle community on what the purpose of our colleges will be in the future.



B Region B Colleges

Submitted by Lori Whitish
North Seattle College



Chancellor Jill Wakefield & Interim President Mary Ellen O’Keeffe announces **Warren J. Brown, Ed.D.** as the new president for North Seattle College. His official duty will begin on July 1, 2014. He has a tremendous background, including: executive vice president for instruction & student services at Seattle Central College, an adjunct faculty member for Seattle University’s doctoral program in educational leadership, former dean for student learning at Cascadia Community College, associate dean for academic support at Whatcom Community College, experienced tenured instructor in communication studies at Pierce College and an instructor at Portland State University. He has more than 17yrs of experience in the community college system and holds a doctor of education degree in higher education – curriculum and instruction from the University of Washington and he is a local leader with a strong student focus. North welcomes him with open arms!

North honors and mourns a huge loss of former President **Ron LaFayette**, Dear Colleagues: **Lynda Wilkinson, Cecily Crowser** and **Lynn Trimble**. Our Thoughts, Prayers & Condolences go out to their families & the community.



Board of Trustees votes to change name of college district on March 14, 2014. The Seattle Community Colleges District Board of Trustees voted unanimously to change the name of the District to Seattle Colleges and to change the names of the colleges to **North Seattle College, Seattle Central College, and South Seattle College**. The decision came after a year-long exploration of national and statewide trends; opinion surveys of students, employees and community partners; and consultation with business and civic leaders and representatives from Seattle Public Schools. All three of the District’s colleges offer bachelor’s degrees now. These Bachelor of Applied Science (B.A.S.) degree programs provide the third and fourth year of college work for people who have completed a two-year technical degree. Previously the two-year technical degrees were considered “terminal degrees” with no next educational step. In her presentation to the Board, District Chancellor Jill Wakefield said, “We believe this will inspire prospective students to reach higher than they thought possible. With the same open admissions policies and the same low tuition, local students can start at a local college that can eventually take them all the way to a bachelor’s degree.” Changing the colleges’ names, she said, will “signal that we are part of the baccalaureate level program” and is a move to “raise the ceiling” for all our students. In making its decision, the Board reinforced its commitment to the District’s mission to “provide excellent, accessible educational opportunities to prepare our students for a challenging future.” Albert Shen, Board Chair, said, “We believe that meeting that ‘challenging future’ means the colleges must continue to take new approaches and offer new pathways to access and completion.” The name changes are expected to be fully implemented by September, in time for the start of the Fall Quarter.



B Region B Colleges

North Seattle College

Congratulations to our 2014 Graduates!

The commencement ceremony is on June 20, 2014 at 6:00pm.

Graduation/End of the Year Celebration Cruise. Come celebrate graduation and the end of the school year with a Sunset Cruise and Dance Party! Everyone is invited: graduates, all students, family members, friends. Take a 2 hour cruise on Lake Union with a live DJ, food, dancing & more! Attire for this event is semi-formal or formal. When: Saturday, June 16th from 9pm to 11:30pm. Where: Lake Union. The cruise boat leaves AGC Maria: 1200 Westlake Ave N. Cost: \$20 per person.

Congratulations to Steve Hoffman on receiving the Employee of the Quarter Award for Winter Quarter 2014! Way to go and may you have a prosperous year! Seen here, along with Interim President Mary Ellen O’Keeffe presenting him the award!



New BAS Degree Provides Training in Application Development. Do you already have an IT-related associate degree or want to focus on a career in computer programming and software / application development? North Seattle College’s new Application Development Bachelor of Applied Science (AD BAS) offers a great opportunity to complete a bachelor’s degree with solid employment prospects. The new 90-credit program begins fall quarter 2014 and is accepting applications now. “The AD BAS is a compelling and interesting program and a reasonable option for students looking at second careers - upgrading skills, qualifying for different kinds of jobs, getting ready for the workplace,” explains Dan Jinguji, AD BAS faculty member. “Other bachelor degree programs in this area are getting more competitive, more theoretical and focused more on preparing for graduate work. North’s program offers a good alternative. It’s focused on getting ready for the workplace,

while also providing a potential pathway to graduate work.” AD BAS faculty and staff are working on articulation agreements with four-year institutions who have graduate programs in computer science or have MBA programs with an information technology focus. With these agreements, you can have a direct pathway to earn master of science degrees or MBAs. For additional information & full program details, go here:

<https://northseattle.edu/programs/bas-application-development/bas-ad-curriculum>



B Region B Colleges

North Seattle College

Security Department now open 24 hrs Monday through Friday. The College Safety and Security Department hours of operation have changed to 24 hour coverage Monday through Friday. Saturday and Sundays hours remain 7:00 am to 11:00 pm. Please check in with the Security Office if you are on campus after 10:00 pm Monday –Friday. Security Phone: (206) 934-3636

The North Seattle College Wellness Challenge, a Building Community event since 2009, is a five-week competitive activity where three-person teams practice healthy behaviors to earn points. The five-week Wellness Challenge will begin Monday, May 12, and end on Friday, June 13. Last year we had 14 teams, and we're hoping to at least meet that level of participation this year. Details on the Challenge will be coming out in the next two weeks, so find your team members, identify a team captain (the captain is responsible for forwarding team points earned each week), and think about a team name. For those who haven't had luck finding others to participate with you—please contact Trish Root or Carrie Napoli to help match you with people looking for teams. As in previous Challenge events, there is a 10-point project incentive. Previous submissions have included poetry, journaling, photography, and others. The project can also be achievement of an objective, such as weight loss, but that achievement must be documented to illustrate progress. An individual who wants to lose five pounds, for instance, may wish to keep a daily nutrition journal and/or physical activity record showing how he or she met the objective. For a detailed description of last year's challenge go to: <http://nscw-wellness-challenge.wikispaces.com/>

Living Life on the Edge (of Your Chair): The Health Risks of Sitting *by Elysse Reyna*. It's a deadly business, this sitting. You've probably seen the headlines, "Sitting is the New Smoking," "Why Sitting is Killing You," and so on. Is our chair-bound lifestyle really that bad? According to Shelly West, MD, in a recent [Duke Medicine article](http://www.dukemedicine.org/blog/stand-yourself) (<http://www.dukemedicine.org/blog/stand-yourself>), prolonged sitting takes a toll on the circulatory system with the potential for legs, ankles and feet to swell painfully. Other consequences include weight gain, slower metabolism, and increased potential for heart disease, high blood pressure, and stroke. If that wasn't bad enough, death is the ultimate way that sitting will get us. A [March 2012 study](#) found that "people had a 40 percent higher risk of dying within three years if they sat more than 11 hours per day. Another unfortunate piece of news: even if you regularly exercise and get your allotted 30 minutes of physical activity most days of the week, it's still not enough to combat the effects of all the sitting we do (about 9.3 hours a day, in fact). This isn't a get-out-of-jail-free card, though. While our sedentary lifestyle does increase cardiovascular risk, fitting in frequent exercise is certainly still important, lessening the negative impact of sitting. Before you completely condemn your cubicle as a deathtrap and burn all the chairs, there are some easy things you can do: 1. Simply get up every hour and move, even if it's just to get a drink of water, to get your circulation flowing. 2. Forgo the elevator and take the stairs. 3. Use a stability ball instead of a desk chair to engage your core, or get rid of seats altogether and try a standing desk. 4. At home, walk during commercials when watching TV. Check out this handy [printable graphic](http://apps.washingtonpost.com/g/page/national/the-health-hazards-of-sitting/750/) (<http://apps.washingtonpost.com/g/page/national/the-health-hazards-of-sitting/750/>) of the hazards of sitting and what you can do about it. To learn creative ways to increase your movement and health throughout your day, join Gail Buquicchio for [Sit Less, Move More](#) this Spring quarter.



New North Seattle College Art Gallery showing is now open. (text)ualization: Words & Art is a group exhibition featuring 12 artists and artist groups across the country whose works on paper and mixed media illumine the poetics and visual capabilities of text. April 8 - May 2, 2014. North's Gallery is on campus, IB 1430, adjacent to the Bookstore. 9600 College Way North, Seattle, 98103. Find more information here: (<https://news.northseattle.edu/node/2011>)



B Region B Colleges

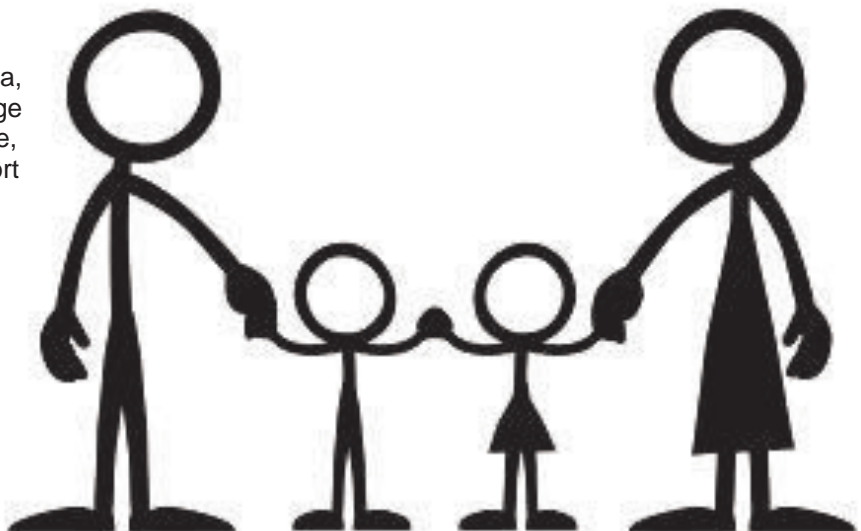
North Seattle College

Latina Women’s Symposium is designed to give you tools that can help you succeed in life and business. Saturday, May 31, 2014, 11:30am to 4:00pm. North Seattle College Cafeteria, 9600 College Way North, Seattle, 98103. Free if reserved by May 17—make a reservation in advance. Workshops include: Starting and Maintaining Your Own Business, Managing your Personal Finances, Physical and Emotional Self Care. Each table will be hosted by Spanish-speaking women who are involved in business or other professional capacities to share their stories around careers as Latina women. Limited spaces for childcare is provided for kids 3-10 years old. Please feel free to contact Tania Hino at (206) 399-0232 or Guillermo Carvajal at (206) 854-7198. This symposium is a partnership of Northgate Elementary and North Seattle College.



Interim Vice President for Instruction Peter Lortz calls our attention to the start of spring and frog calls in the air. "Now is the time for one of the amazing natural events on North's campus as the annual chorus of the Pacific Tree Frogs (aka Pacific Chorus Frogs) has begun. "North has what is considered by many to be the largest breeding population of Pacific Tree Frogs in urban Seattle - right here in our own wetlands. This is their breeding time. You can hear the awesome chorus in the greenbelt. It is actually loud enough to drown out I-5. If you would like to listen, they are most active at dawn and dusk; and the north end of campus is the best place to experience it. "Males head to the ponds in the wetlands, and, once they get there, they start calling for the females. When the females get there, the breeding begins. Eggs get laid shortly thereafter, and tadpoles live in the ponds in the early spring." Find more details about the frogs here: <http://www1.dnr.wa.gov/nhp/refdesk/herp/html/4hyre.html>

Leadership Class Open for Families with Children in Seattle Public Schools. Parents! You can still enroll in Family University spring quarter -- a valuable class for families with children in the Seattle Public Schools. The class is 2.5 elective credits, pass/fail. Family University is a Parent Leadership Education class with the primary goals of supporting parents to enhance skills and work as equal partners in their child's education as well as developing skills to advocate effectively for students, their school district and their community. Parents who register for this class become students at the North Seattle College parent education program -- one of the oldest parent education programs in the state. Instructor: Suzette Puente, NSC faculty, along with presenters provided by the Seattle Public Schools. When: Tuesdays, 6-8 pm. April 8 through June 17. Where: At North Seattle College. Cost: \$40, NSC tuition for 2.5 credits (financial assistance is available). Information: Call Betty Williams (206) 934-4571. Class objectives: Successfully advocate for your child, Understand and navigate the school system, Foster and build collaboration and communication among families, school and community, Understand and interpret student, school and district data, Understand and develop college bound atmosphere in the home, Understand and receive support around financial literacy, Prepare families and students for college and career goals.



B Region B Colleges

North Seattle College

Finalists Announced in League for Innovation Student Art Competition. Seattle Central Art History faculty Melanie King, District Coordinator for the League for Innovation Student Art Competition, announced the finalists for this year's contest. The five finalists will move on to the juried National Competition. DISTRICT FINALISTS: North Seattle: Enkhgerel Byambadorj "Inside of Me," Sharon K. Hanley "It's the finish that counts" and Jean Shaffer "Totem Grove." South Seattle: Sue Madill "Quadritpych: Faceted Landscape" and Jordan Pasek "Paul Shore's Face." HONORABLE MENTION: North Seattle: Monica S. Gonzalez "Aztec Pyramid" Seattle Central: Edward Patton Moore "Bridge" and Stephany Sanchez "Nature" South Seattle: Austin Hoesley "Pick Your Poison" and Eunha Ko "Self portrait." King added, "Each year I am greatly impressed by the creativity of our students, leaving the jury with many difficult decisions to make as we select five students to represent our District." King thanked campus coordinators Mary Lindquist (South), Ron Tanzi (Central), and Lynne Hull (North) and jurors James Lobb (South), Ron Tanzi (Central), and Glenn Tramantano (North) for their commitment to students.

League of Innovation Literary Awards Announced. Seven award winners will receive recognition and prizes for their success in the Seattle Colleges annual League for Innovation Literary Contest. The awards ceremony takes place on Thursday, June 12, from 2:00 - 3:00 p.m. at South Seattle College in the Jerry Brockey Student Center. North's April Sholes received an honorable mention for her personal essay, "Addiction." Winners receive \$100, runners-up \$50, and all receive an engraved plaque. First-place entries are forwarded to the national contest, hosted this year by Johnson County Community College in Overland Park, KS. Contest coordinator Mike Hickey adds this note: "Congratulations to our students for another inspiring competition! I know I speak for Greg November at North and Jeb Wyman at Central when I say that once again this year we were wowed by the talent of our students! And if you're a student who submitted your work but did not win or place, please know that your piece was seriously considered, and we encourage you to enter again next year!" Awards for 2013-14. Fiction: "Teeth" by Audrey Ackerman, South Seattle College, first place. "Day One" by Peter Kingsley, South Seattle College, honorable mention. One-Act Play: "New At This" by Connor Mykel Thompson, Seattle Central College, first place. Personal Essay: "Rape culture: a timeline" by Caitlin Sussman, Seattle Central College, first place. "Unholy Acts" by Mohamed Adan, Seattle Central College,

honorable mention. "Contra lago" by Casey Jaywork, Seattle Central College, honorable mention. "Addiction" by April Sholes, North Seattle College, honorable mention. *Poetry*: "Stairs" by Audrey Ackerman, South Seattle College, first place





Guess the Campus?

How well do you know your campus, or your neighbors? Guess the campus and test your knowledge of the picturesque environments that make up Washington's community and technical college campuses.



Answer Key:

1 = Cascadia Community College, 2 = Everett Community College, 3 = Spokane Community College, 4 = Highline Community College, 5 = Olympic College, 6 = Pierce College Fort Steilacoom,



STTACC needs your pictures to highlight the community and technical college campuses throughout Washington state. Your college picture could show up on STTACC's website or Facebook page. Member colleges submit your pictures to board@stacc.net. Visit STTACC's website at www.STTACC.net, or Facebook page photo album to help identify the community and technical colleges pictured in this collage. Answers below.





C Region C Colleges

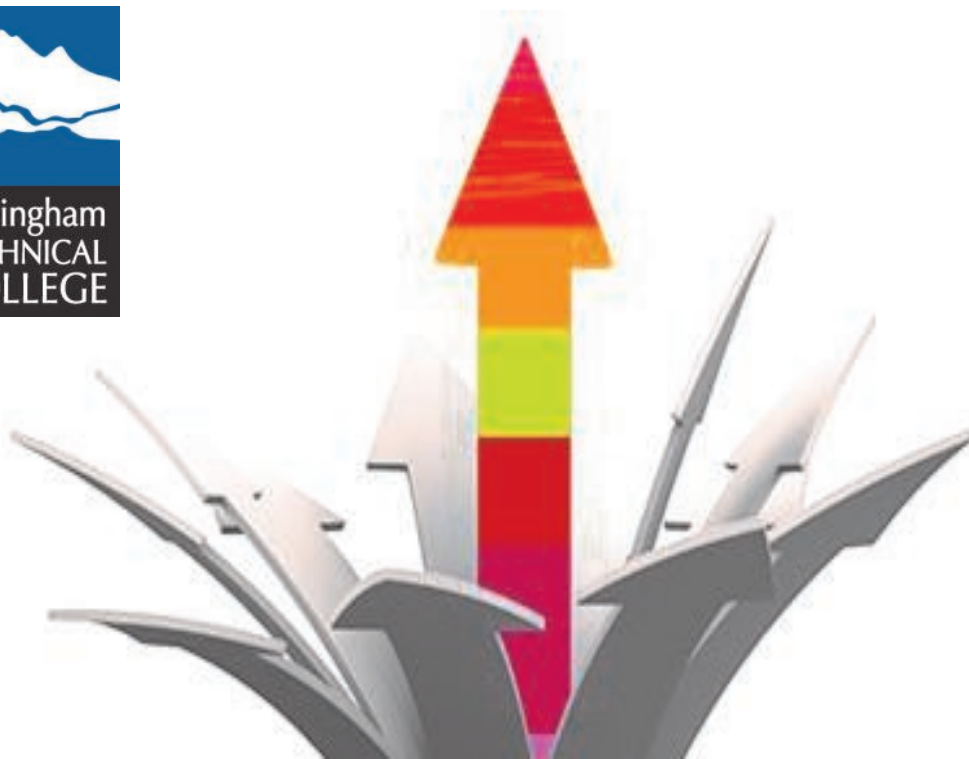
Submitted by Alyssa Jones
Bellingham Technical College

On January 30th, Arianna Stumbaugh (Financial Aid Assistant), attended the “Breakthrough Innovations in Adult Training Education Conference” held at South Seattle Community College in Seattle, WA. This is Seattle Job’s Initiative’s 2014 Community Colleges-Community Based Organizations Conference. Speakers included: Bob Giloth, VP Center for Community and Economic Opportunity at the Annie E Casey Foundation, David Yeager, Assistant Professor of Developmental Psychology at the University of Texas-Austin and Fellow of the Carnegie Foundation for the Advancement of Teaching, and Lawrence Morales, Math Faculty, Seattle Central Community College and Associate, Improvement Science, Carnegies Foundation for the Advancement of Teaching.

Arianna chose to attend for a variety of reasons, including the opportunity to hear from national experts about cutting-edge work being done in workforce development and adult training/ education, as well as network and interact with featured speakers from the Annie E. Casey Foundation (Baltimore, MD), the Carnegie Foundation for the Advancement of Teaching (Stanford, CA), and community college faculty members who have been testing new psychological interventions to help students succeed in the developmental education classroom

Furthermore, Arianna was interested in learning more about methods developed by Carnegie Foundation researchers to increase student motivation and success, and how they are testing these methods and measuring success in the community college classroom using the tools of improvement science. This conference is unique because focused on ways to help students develop traits that have traditionally been considered somewhat “intangible”- traits like motivation and persistence. Research shows that these traits impact a person’s success and engagement in the classroom, and the Carnegies Foundation has pioneered ways to help students develop these traits and measure their effectiveness in doing so.

Overall, biggest take away point for Arianna was the “Growth Mindset” approach which suggests advise students to think positively (and modeling this) by replacing “I’m not good at ____ (ex. Math)- with “I’m not good at math, yet.”



C **Region C Colleges**

Submitted by Alan Loveless
Shoreline Community College

A two day Communications Training was held on April 17 & 18, 2014.

Also, we purchased books for our Classified Staff to participate in the campus reading activity. The book is called *The Immortal Life of Henrietta Lacks*. It's about a woman who gave cells as part of a study. Even though her cells were used to make billions of dollars for the research company, the woman received little to nothing.

We've also been preparing for our yearly Professional Development survey and planning for next year.



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Keynote Speaker
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D Region D Colleges

Submitted by *Barbara Collins*
Big Bend Community College

Currently the College Leadership Development Team has implemented short training sessions for the college's exempt staff. Training workshops focus on competency areas; such as organizational knowledge, communication, continuous improvement, organization strategy, and administration. Many of the trainings are short Lunch-N-Learn topics.

With support from BBCC administration, the classified staff committee has been restructured starting January 2014. This committee consists of 9-10 members who have been recommended by their supervisor with skill sets that align with the BBCC Mission Statement.

The purpose of this new structure is to focus on staff training and recognition for classified staff employees. The hope is that all classified staff will take advantage of a number of these opportunities throughout the year. This committee is now called **STAR Committee** (*Staff Training and Recognition*).

Two goals the committee identified; (1) encouraging all classified staff to take advantage of training opportunities, and (2) communication to campus classified staff of any upcoming opportunities. In an effort to reach these goals committee members volunteered for key roles; Chair, Secretary/Treasurer, and Marketing/Publicity.

The STAR Committee plan to use some of the same topics as the Leadership Development Team and add other trainings that will enhance understanding of policies and staff development such as Team Building, Diversity, Safety, Technology, and Personnel/Benefits for classified staff personnel. Two offerings for CPR classes were offered in February and March. In April the topics are electronic submittal of TLR, Leaves, Vacation, and Teambuilding that will include a fun campus-wide Scavenger Hunt. The STAR Committee will assign teams and each team will have to find clues to complete the jeopardy game and win prizes.



Over the next few months BBCC is hiring a number of new classified staff personnel. After several committee members shared their first experience at BBCC, they unanimously agree that implementation of a "Buddy System" will be very beneficial. The Buddy System will not only help new personnel become familiar with the college campus and departments, but will also make them feel like they are part of the BBCC extended family.

The month of March was our first pilot of the Buddy System. A volunteer from the STAR Committee is assigned to a new employee. Activities are planned to help new personnel on campus, such as providing a campus tour, introduce them to department staff, extend an invitation to lunch and, is available when they have questions regarding any unexpected challenges their first weeks of employment.

I look forward to the next submittal with a report of any BBCC family who are retiring this year and the nominations for the college Exemplary Staff recipients. All will be recognized at the campus year-end celebration.



E Region E Colleges

Submitted by Dionne Bonner
Bates Technical College

Bates Technical College Professional Development Day for Professional Technical Employees was held on Friday, March 7, 2014. Opening with a Continental Breakfast from Panera Bread, announcements and a morning session with President Langrell. The day progressed with 5 break-out sessions and a lunch/Contract Scavenger Hunt organized by the PTE union. The Professional Development Committee is taking the results of a survey conducted after Professional Development Day to tailor trainings throughout the year in addition to doing just one day of training.

All of the sessions for Professional Development Day were pre-approved for credit towards employees Professional Development Stipend with prior approval from their supervisor to attend.

Course Descriptions

Dealing with Irate People/Q&A - Ray Richardson

We will discuss ways for dealing with dissatisfied/upset customers in your areas including how to speak to them and ways to make sure you stay safe.



Electronic Records Management 1.0 - Leslie Koziara

We live in a digital world. This session covers the basics of the rules and requirements for electronic public records, focusing on tips and strategies for managing: email, websites, databases, the cloud and social media such as Facebook.

Change Management - "We're Only Human" - Leslie Koziara

The digital world changes quickly, and it's a scramble to keep up. This session addresses the human element of change, and some tips and strategies in managing implementation of any type of project or initiative.

College Budget 101 - John Ginther

Ever wonder where the college's money comes from and how we spend it? What kinds of funds are used for instruction, student services, administration and other activities? Learn how to decode the college budget and find out what the budget looks like for next year.

Intro to Excel - Tim Trussler

Participants will create a data table using Excel. Topics covered include data entry, formatting cells and tables, and basic formulas.

Stress Relief for the Workplace - Denise Tremblay

This workshop will present a variety of practical strategies to manage workplace stressors. Relief of physical and mental stress can be achieved through proper ergonomics, stretching exercises and stress management techniques during your work day.

Difficult Conversations - Jessica Upton

In this session we will talk about ways to approach difficult conversations in a productive way. We will talk about strategies and practice some skills that will make your next difficult conversation go much smoother.

Understanding Different Styles of Communication - Alan Tiger

Some people communicate through the lens of "Status," while others communicate through the lens of "Connection." A failure to understand that others may have a different style of communication than our own can produce friction and misunderstanding in the workplace and at home.

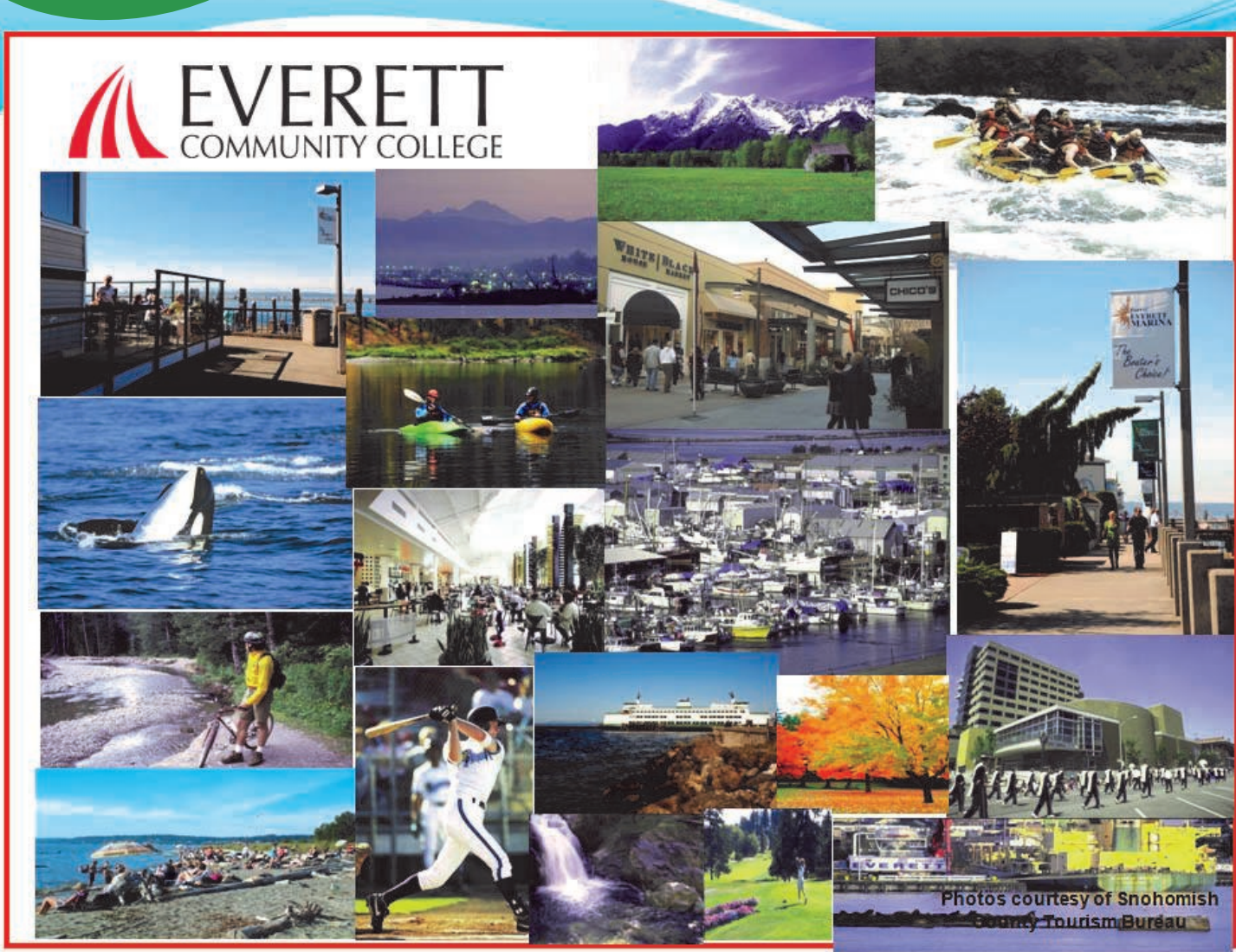


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