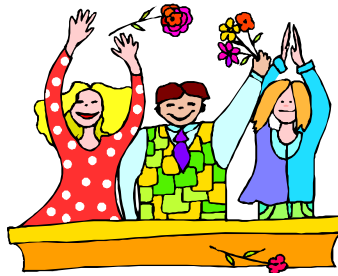


# Staff Appreciation Day



## Thursday, June 16

### Program

#### Morning Mingle

The Commons

8:00 - 9:00 am

Light morning refreshments and a chance to meet others  
Pick up your raffle ticket for the prize raffle held during lunch. Raffle tickets will also be available at lunch between  
12:30 pm – 1:00 pm

**Sign-ups for Breakout Sessions will begin at 8:00 am in front of the Commons**

#### Kickoff the Day

The Commons

9:00 - 10:00 am

#### Welcome and Announcements of the Day

Edna Nakamoto, Master of Ceremonies

#### Thank You to Staff

Elizabeth Stanny, Chair of the Faculty Senate, 2005-06  
Associated Students Representative

#### Thank You to Excellence Award Advisory Committee Members

##### Excellence Awards Recipient Announcement

President Ruben Armiñana

##### *2005 Staff Excellence Award Nomines*

Brent Boyer  
John-Scott Forester  
Christine Hayes  
Connie Lewsadder  
Kathy Mahler  
Jack Ritchie  
Perce Smith  
Veronica Tran-O'Leary  
Marion Yeager

Paul Cotter  
Julie Greathouse  
Cynthia Jowers  
Sheila Mackintosh-Sims  
Lane Olson  
Jaime Russell  
Stephanie Thibault  
Beth Warner

## **Breakout Session #1**

**10:30 - 11:20 am**

### **Cooking Demonstration of Appetizers and Salad Dressings (60 person limit)**

Mark Dierkhising, Executive Chef  
Commons

Do you like to entertain? Are you tired of the same old appetizers that appear at every gathering? Are you looking for a new salad dressing to dress up your greens? If you answered yes to any of these, then this session is for you! Please come and join our Executive Chef Mark Dierkhising, as he shares a few of his own recipes for easy appetizers that can be made with little effort but have a big impact. Mark will also demonstrate two tasty salad dressings to complement the abundant Sonoma County summer garden.

### **Intermediate Knitting (10 person limit)**

**(This session goes through both #1 and #2 breakout sessions 10:30 am – 12:20 pm)**

Laurel Holmstrom, Administrative Analyst/Specialist and Diane Psota, Accountant II  
Salazar 2024

Are you ready to try knitting socks but are intimidated by turning the heel? If so, then join Laurel and Diane as they unravel the mystery of this knitting technique, which is quite simple, with a few steps! Individuals will receive one-on-one attention as needed to learn how to turn the heel for making socks that can turn heads! Participants must be able to cast on, knit, purl, and decrease (if you do not know how to decrease, they'll show you). To prepare for the session using your own materials, participants should cast on 40 stitches, preferably on three #2 needles, join, and knit about 10 rows **or** cast on 40 stitches on one needle, stockinette stitch for about 10 rows and bring two more #2 needles for turning the heel.

### **Walk at Fairfield Osborn Preserve (12 person limit)**

**(This session goes through both #1 and #2 breakout sessions 10:30 am – 12:20 pm)**

Julia Clothier, Preserve Manager and Thomas Sargent, Environmental Health and Safety  
Transportation provided. Meet at the Flagpole (sidewalk between main path and Person Theater)  
SSU's 460-acre Fairfield Osborn Preserve is located on the Western Slope of Sonoma Mountain just east of the campus. Please join Preserve Manager, Julia Clothier and Preserve Volunteers for a moderate 1.5 mile guided walk visiting oak woodlands, Turtle Pond, Copeland Creek and a viewing of late season wildflowers, birds, butterflies and other wildlife. Participants should wear sturdy, comfortable walking shoes, a hat and be able to walk on uneven ground and at times, hilly and rugged terrain.

### **Using a Physioball (exercise ball) (10 person limit)**

Dick Ogg, Electrician and Laurie Ogg, Student Services Professional  
PE 6

Are you looking for a new workout? Whether you are a beginner or long-term exerciser, physioballs or exercise balls can offer you a new and challenging workout. With an emphasis on core muscles, the physioball can duplicate virtually every exercise in the gym while involving more muscles. Physioballs will be provided; participants should wear comfortable clothing and shoes.

### **Tunnel Tour (20 person limit)**

George Petru, Supervising Building Service Engineer  
Meet at the Boiler Plant

What tunnel, you ask? Yes, SSU has a tunnel beneath your feet! Take a short walk through the SSU Utility Tunnel from the Boiler Plant to Stevenson underground. Special note: This tour is subject to blackouts. Participants should wear comfortable shoes, and be able to climb up and down the stairway ladder.

### **What's My Style? A Myers-Briggs Short Course**

**(This session goes through both #1 and #2 breakout sessions 10:30 am – 12:20 pm)**

Heather Young, Administrative Manager Arts and Humanities, and Myers-Briggs Administrator  
Salazar 2024

Would you like to find out a little more about yourself? During this session, Heather will help you to discover how you prefer to take information in and how you prefer to process it. You may learn what it is about others that may bother you and even what about you sometimes bother others! All Myers-Briggs types are good and there is no "wrong type". You will see why "variety is the spice of life". A Myers-Briggs index is required to participate in this class. Indexes can be obtained by calling Carol Ingerman at ext. 43100 prior to June 10, 2005.

### **Behind the Walls of Information Technology (20 person limit)**

Sam Scalise, Chief Information Officer

Meet in Schulz IT Lobby

See what IT does behind the scenes! On this guided tour, you will see *millions* of dollars worth of equipment! Included in your tour is Workstation Support, Test Facility, Network Operations Center, Data Center, Private Branch Interchange (phone system), Assistive Technology lab and much, much more! Your tour will end with a brief visit to the renowned SSU Computer Museum.

### **Knitting for Relaxation (12 person limit)**

**(This session goes through both #1 and #2 breakout sessions 10:30 am – 12:20 pm)**

Joyce Chong, Managing Director of Advising, Career, and EOP Center

RayeLynn Thomas, Librarian

Salazar 1060

Want to learn to knit? Well, then this class is for you! By the time you finish this class, you will know how to cast on, cast off, basic knit stitch, read a pattern and understand a gauge. Instructors will provide an overview of various types of yarn and needles. Participants start with a practice piece and each student will work at his or her own pace. Yarn and knitting needles will be provided. Participants are also welcome to bring their own. Both Joyce and Raye Lynn will offer an informal follow-up session. (Details to be provided during class.)

### **Vegetative Grafting “Budding”**

Gregory Flick, Electrician and Chair of the California Rare Fruit Growers, Redwood Empire Chapter

Meet at the Environmental Technology Center Organic Garden

In this session, Gregory will demonstrate how to perform Green Budding which is grafting (clonal asexual propagation) of evergreens including avocado, citrus, loquats, and guava, and grafting of fruit trees and flowers, including roses and hydrangeas, during the active growth cycle. With this technique, you will be able to have “fruit cocktail” trees and multiple varieties of roses on one tree or bush. Everyone is welcome to attend; participants wanting to practice should bring a sheet rock knife and leather gloves.

### **Restorative Gardening (25 person limit)**

Jay Pedersen, Gardener Specialist

Meet at the south door of the Commons on the Patio

Jay invites you to take a vigorous walk to provocative campus locations and play with the concept of restorative gardening. Possible themes are health spas, community building, ethnic diversity, restorative surgery, fallow fields, habitat gardening, backhoes, memorial gardens and smudging with sage. Participants should wear comfortable clothing and shoes, wear a hat and bring water.

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## **Breakout Session #2**

**11:30 am - 12:20 pm**

### **Five Stages for Success - Living Your Life on Purpose (25 person limit)**

Fran Miller, MA, Business and Life Coach/Anthropologist, Full Circle Fulfillment

Salazar 2025

Every individual has a different recipe for defining their success, but the steps to achieving success are similar. The stages include: develop inspiration, explore options, strategize and create accountability, overcome obstacles, and reward yourself for achievements. Come learn how these five steps can lead you to your next level of success to create an action plan. We will explore some options for your success during this interactive workshop. Come prepared to step up to your goals!

### **Emergency Preparedness for You and SSU**

Chief, Nate Johnson, and Captain, George Ellington

Meet at Police and Parking Services Building

Both our very own Chief of Police, Nate Johnson and Captain, George Ellington invite you to attend this informative session which will explore the latest in emergency preparedness, a discussion of SSU's Plan, your role as an SSU employee and recap the effects of disasters.

### **SSU Recreation Center Tour**

Pam Su, Director of Campus Recreation and Krista Smith, Fitness Coordinator

Meet at Student Recreation Center Front Desk

Join us for a tour of the new Recreation Center! Learn about the facilities, programs, and services available to SSU Staff. Find out more about the green, sustainable aspects of the building and how a healthy building can support a healthy workout.

### **Desktop Yoga**

Kathleen Hardy, Administrative Coordinator, Biology and Registered Yoga Teacher

Ives 80

If you experience stress, take note; relaxation is a skill that can be learned. Kathleen will lead you through simple yoga techniques to help you feel more relaxed and peaceful. This session is suitable for any fitness level.

Participants should wear clothing that allows movement. Kathleen is a Registered Yoga Teacher through the National Yoga Alliance and has been teaching for over 10 years.

### **Tunnel Tour (20 person limit)**

George Petru, Supervising Building Service Engineer

Meet at the Boiler Plant

What tunnel, you ask? Yes, SSU has a tunnel beneath your feet! Take a short walk of the SSU Utility Tunnel from the Boiler Plant to Stevenson underground. Special note: This tour is subject to blackouts.

Participants should wear comfortable shoes, and be able to climb up and down the stairway ladder.

### **Health Conscientious Cooking**

Todd Garrelts, Dining Services Manager

Commons Patio South

Do you like food that is healthy, tasty, economical and easy to prepare? If so, then join Todd as he shares with you samples of Chilled Gazpacho Soup and a variety of salads made with healthy grains and fresh herbs. Stop by the table to pause and watch Todd prepare a stir fry or two that sizzles in flavor yet is low in fat. Todd will be able to answer questions that you have and also give you recipes that you will be able to take with you and prepare at home using easy to find ingredients at your local market. The SSU Health and Wellness Committee and University Dining Services are bringing this interactive presentation to you.

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## **Luncheon Activities**

### **Commons and Lakes**

**12:30 pm - 2:00 pm**

#### **Pizza it is!**

Bring your raffle ticket to the Commons to get two slices of Ameci's pizza, salad, drink and a cookie, and a chance to win a prize in the raffle!

Pizza choices include: Cheese, Pepperoni, and Vegetarian. There will be ample food for everyone however, if you desire a specific type of pizza, be sure to arrive early enough to stake your claim to your favorite!

#### **Cart Parade**

Join us on the sidelines for the first-ever SSU cart parade! Carts will be decorated and driven around the lakes area for you to marvel at the masterpieces fellow staff members have created. Cart judging will be for Most Creative, Best Use of Materials and Most Colorful and will occur at the South Entrance of the Commons, prizes awarded.

**Cart line up at 1:15 pm at Lakes, parade begins at 1:30 pm and judging at 2:00 pm**

#### **Raffle**

**Raffle tickets for prizes will be drawn from 1:00pm - 1:30pm**

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**Breakout Session #3**  
**2:00 pm – 2:50 pm**

**Somatics**

Eleanor Criswell, Prof. Psychology, The Novato Institute for Somatic Research and Training  
Ives 80

Would you like to reawaken your mind's control of movement, flexibility and health? If so, then please join Eleanor Criswell, co-founder of the Novato Institute for Somatic Research and Training. For over 25 years, Eleanor has been leading individuals through series of gentle and controlled stretches. Participants should wear loose clothing. Handouts of the stretches will be distributed.

**The Sport of Fencing**

John Sullins, Professor of Philosophy and Fencing Master  
Field House

The sport of fencing consists of the friendly combat between two fencers using one of three distinct and different weapons; the Foil, Epee and Sabre. The weapon determines how one may score upon an opponent. John will display the equipment used and present the skills and rules of fencing, as well as describe the history and future of the sport.

**Stretching Techniques for Campus Employees**

Erin Beeman, C.M.T.

*Location to be announced on day of event*

Work and daily outside stressors can lead to chronic tension in the body, especially in the shoulders and hips. Tension in these main joints leads to stiffness and pain in the lower back and neck. By learning how to stretch easily and effectively, you can keep stiffness and pain at bay. Using her Certified Massage Therapist background training and experience, Erin will demonstrate how to relieve stiffness, aches and pains. Participants should wear loose clothing.

**Weight Room Training**

Venona Orr, Graduate Student, Kinesiology  
PE 6

When you walk into a weight room, do you stare at the equipment because you are not quite sure how the machine works? Do you have an area of your body that you want to concentrate your efforts for strengthening or toning? If so, then this session is for you! Join Venona as she leads you through the weight room and gives you tips for improving your work out and demonstrates how to use various machines. Participants should wear loose, comfortable clothing.

**New Music "A Work in Progress"**

Jeff Falconer, Facilities Maintenance Mechanic and Troubled Singer-Songwriter  
Ives 119

Have you always wanted to get in touch with your creative side? If so, come and join SSU's own troubled singer-songwriter Jeff Falconer, as he offers you a preview of his one-man show "High Road to Doomsday", a tragi-comic exploration of the human condition. Jeff will perform songs and narrative from his work-in-progress, sharing a glimpse into his creative process and hopefully inspiring you to unleash the creativity within, so you can re-arrange your own human condition. Jeff has been performing for over 3 decades, has recorded 2 CD's titled "Complicated World" and "Vic Perp; New Age Private Eye", and has been featured as part of SSU's Schulz Unplugged Series.

**Thanks to the following for their generous contributions that made the raffle possible:**

*Agilent Technologies*  
*Broadcom*  
*Center for Performing Arts*  
*Cisco Systems*  
*Clover Stornetta*  
*Gloria Ogg*  
*Joyce Chong and Raye Lynn Thomas*  
*Keebler*  
*Kellogg's Company*  
*Starbucks Coffee Company*

**Display Booths**  
**Commons Patio**  
**1:00 pm - 4:00 pm**

Come and check out what exciting things our staff and departments have to offer!

SSU Health and Wellness Committee  
School of Arts and Humanities  
Procurement  
Mother Bear Project

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The Staff Appreciation Day Committee would like to thank the following for their generous assistance:

*Conferences, Events and Catering*  
*SSU Dining Services*  
*Set-Up Crew from Facilities*  
*All of our Class and Display Booth Presenters*  
*Staff Appreciation Day Volunteers*  
*Jerry Uhlig, Student Union*

The Staff Appreciation Day Committee would like to thank the following for their generous donations of yarn and needles for the Beginning Knitting Session

*Susan Baur*  
*Grace Herrera*  
*Lillian Lee*  
*Cindy Menghini*  
*Costume Shop*  
*Betsy Ward*

We would also like to give special recognition and thanks to the Excellence Awards Advisory Committee Members:

*Sue Foley*  
*Kris Montgomery*  
*Diane Psota*  
*Mary Rogers*  
*Hazel Tyndall*  
*Nels Worden*