



SPRING 2009 FLEX

The Professional Development Committee and the Academic and Classified Senates proudly present Spring Flex of 2009, three days of workshops at both EDC and FLC campuses designed by faculty and staff to help you get started on a new semester with workshops, training, and renewed strength. Join your colleagues as we explore a plethora of topics, from teaching methods and technology to the culture of Spain's Gypsies, Sustainability, and Virginia Woolf's Manic-Depression. Plus, we celebrate the opening of the new Physical Education building with ten workshops ranging from heart-pumping Cardio Kickboxing to the history of athletics in the California community college system.

Tom Caramagno, Professional Development Chair
Gordon Lam, Academic Senate President
Scott Crow, Classified Senate President

Wednesday, January 14th at EDC

9:00 – 10:15am

Come "Om" to Yourself: The Chakra Yoga Experience

Room: EDC Fitness Center Room 1

Rediscover who you are through Chakra Yoga! This breath inspired yoga movement experience will balance your body's internal energy system and open your mind to new possibilities. This workshop will include an overview of the Chakra system and personal exploration into your own energy centers via breath work, postures, and meditation. Reignite your passion for living and come "om" to yourself! Participants should bring a yoga "sticky mat," blanket, water bottle and writing implement. Presented by Kim Harrell.

10:30 am – 12:00 noon

New Faculty Orientation

Room: C-202 (Computerized Room)

The purpose of this orientation is to introduce new (or newer) EDC faculty (part-time and full-time) to representatives of college services, provide information about the nuts and bolts of instruction specific to EDC and offer direction to the resources that will help prepare faculty for a successful semester. The dean and EDC staff will speak about procedures and expectations and will be open to questions. Presented by Dale van Dam and EDC/FLC Staff.

or

A Primer on the Athletic History of California Community Colleges

Room: C-101

This presentation will reflect on the history and share personal experiences of intercollegiate athletics at community colleges in California, a system of unprecedented opportunity for student athletes. Stuart van Horn will share his personal insights based on nearly 25 years of involvement in community college athletics and numerous former student athletes who reached athletic stardom after their community college playing days ended. The session is designed as a primer for those interested in intercollegiate athletics at FLC. Presented by Stu Van Horn.

12:00 noon – 1:00pm

Meet 'n Greet Brown Bag Lunch

Room: C-102 (Community Room)

Bring your lunch and join us as we talk shop about the coming semester and acquaint ourselves. Adjunct faculty are especially encouraged to come.

1:00 – 2:15 pm

Ins and Outs of Outlook

Room: C-202

Who is that System Administrator and what do they mean by "your mailbox is full," even if you only have 15 messages in your mailbox? Learn how to clean out your mailbox and how to properly store and save emails you want to keep. Also includes an open forum for Q & A with the crack FLC-IT staff. This workshop is recommended for any classified staff or faculty member who uses a computer! Presented by the Master Gurus of Tiny Mechanisms, Roger Morris and Darren Takemoto.

or

The Flight of the Mind: Virginia Woolf's Art and Manic Depression

Room: C-101

Integrating psychiatry and literary theory, this workshop challenges literary critics' disparaging evaluations of Woolf's life and art, using biochemical discoveries about bipolar disorder to argue against the arbitrary and subjective practice of reading all symptoms or texts as neurotic disguises hiding childish fears. Psychoanalytic criticism too often infantilizes artists, blaming them or their childhoods for their mood swings and equating creativity with illness. Presented by Tom Caramagno.

2:30 – 3:45pm

Why Should I Care About Sustainability?

Room: C-102

Have you heard the term “sustainability” but you’re unsure about what it is or what it means to you? Do you wonder how it is relevant to higher education? Would you like some ideas about how can you incorporate sustainability concepts into your classes? Are you curious about what the region’s educational institutions should be doing to model sustainability on our campuses - in our new construction and building renovation programs, in our operations, and in new and modified curriculum - and what faculty and staff should be doing? Beyond training a small number of students for “green” careers, what should all FLC students know about sustainability - whether they intend to be teachers, lawyers, doctors, business persons, or just responsible citizens? Presented by Stephen Holzberg, Kathy Leland, Marsha Peralta, Jason Pittman, and Dale van Dam.

or

Yoga for Mental Clarity

Room: EDC Fitness Center Room 1

An emphasis on the benefits of body movement and breath work to enhance mental focus and facilitate sustained attention. Presented by Amanda Wilkinson

4:00 – 6:00pm

Tour of ANOVA Architects’ new LEED-certified building in downtown Placerville. Meet at Dale van Dam’s office (B-243) at 4:00 pm before we hit the road.

Wednesday, January 14th at Folsom campus

9:00 – 10:15am

‘Intro to FLC Dance’ classes

Dance Room PE 203

Encompasses elementary Ballet, Jazz, Modern and Hip Hop dance techniques! Come one come all-- wear loose clothing and be ready to Shake Your Groove Thang! Presented by Debi Davis-Worth.

10:30am – 12:00 noon

Mentor Dialogue

Room: FL1-8

Join your fellow mentors for a discussion of the mentoring relationship and process: fostering professional growth, empowering new faculty, the roles a mentor can play, what works, what doesn’t, and what can be gotten out of mentoring for both mentors and the mentored. Presented by Sean Fannon, Chair of the Mentoring Program.

1:00 – 2:15pm

Weights and Medicine Balls

Room: PE 103

We are going to pump you up! Before your stomach has a flabblanche! Listen to me now, and believe me later: it will be held in Room PE 103 and presented by Matt Torrez, the fittest man in Folsom. Come dressed in your best PE attire. Prepare to work out!

2:30 – 3:45pm

De-stressing with Taiji/qigong

Room: PE 203

Taiji is a Chinese martial art that promotes health and reduces stress. Taiji emphasizes relaxation, meditation, self-cultivation, and inner calm rather than strength. Qigong comes from the Chinese words “Qi” meaning “Energy” plus “Gong”, meaning “work” or “practice”. It is a term that describes a Chinese Exercise system the focuses on cultivating and attracting “Qi” or “lifeforce” energies. Come learn a few of the forms from these ancient Chinese exercise systems that help reduce stress and promote healthy living. These moves can be practiced while wearing regular work day attire. Presented by Jamie Willson.

Thursday, January 15th at Folsom campus

9:00 – 10:15am

Introducing Desire2Learn (D2L)

Room: FL1-35

Join us for an introduction to D2L, the District’s new Learning Management System (LMS). If you are a Blackboard user, or want to add online components to your classes, come learn about the powerful interactive features of D2L. Presented by the IT wizard himself, Zack Dowell.

or

A Doctoral Journey: Assessing Cultural Competency of Sport Coach Candidates

Room: FL1-8

This presentation will reflect on a recent dissertation that explored how community colleges assess cultural competency of sport coach candidates in the hiring process. The case study design featured a triangulated method of research and yielded intriguing recommendations to strengthen assessment of cultural competency candidates. Nearly 55 community colleges participated in the study, and the presenter will share study results and provide social observations to strengthen assessment of sport coach candidates. Presented by Dr. Stuart Van Horn.

or

Tai Chi for Wellness, Stress Management, and Maximizing of Performance

Room: PE 203.

The soft and graceful body movements of Tai Chi will be used as a method to induce relaxation response. Kinetic imagination technique shall be introduced as a method to maximize personal and professional performance. The presentation will be enjoyable, easy to follow, and practical to do when wearing regular work day attire. Presented by Frank Gaviola.

10:30 – 11:45am

TKO'S (Totally Knock Out Stress) Cardio Kickboxing

Room: PE 204

Kick in the new year with cardio kickboxing! Learn to properly execute Thai Style kickboxing techniques on upright punching bags in this action packed workout! Melt away stress and any unwanted holiday pounds! No experience necessary, only a desire to kick and punch! All fitness levels can be accommodated so don't hesitate to join us! Participants should wear comfortable workout clothes and cross training shoes with light tread. Participants will also need a water bottle, towel and hand protection. Sparring, mixed martial arts or boxing gloves can be purchased at a sporting goods store or inexpensive hand wraps can be purchased at the campus bookstore. Presented by Kim Harrell.

or

Struggles & Successes: Life Stories of Students with Disabilities

Room: FL1-8

The DSPS program will roll out their recently completed video documentary titled: "Struggles & Successes: Life Stories of Students with Disabilities." DSPS received a FLC Foundation grant to hire a videographer to film Folsom Lake College DSPS students discussing the challenges that accompany disabilities. This film provides insight into the many struggles and, in the words of one student, the "motivation, inspiration and determination" of DSPS students that, more often than not, results in academic success for these students. Presented by Tim McHargue, Andrea Roberge, Delayna Garcia and the DSPS Staff.

or

Art Workshop and Play Theory

Stress Goes Away While You Paint and Play – Let the Stress Just Flow into Fluid Colors while You Paint

Room: FL2-159

No artistic talent (that you know of)? – No Problem!!! Get a HUE! Come give your brain a rest while you watch color flow and change as it melds and mixes on your paper. Paint for fun and learn how to do "Color Fun" with watercolor paints to reduce your stress and add more creativity to your life. All supplies are included. Wear clothes that are comfortable and OK if a little paint or other art stuff fluff lands on you. Or, bring a "Big Shirt" to cover your day job clothes. It's not really messy at all – so just come as you are! Art Room FL2-159. Presented by: Margaret Welty, creator of "Art Creativity and You," Channel 18, 8-8:50 a.m. M-F during Fall and Spring semesters.

11:45 – 1:00pm

Area Meetings

Languages & Literature, Social & Behavioral Sciences, Humanities: **FL2 239**

Physical Education/Career & Technical Education: **FL5-211**

Math, Science, Library, IT Engineering, Business: **FL1-8**

Counseling & Student Life: **PicTel**

Visual & Performing Arts: **FL2 154**

1:00 – 2:15pm

Ins and Outs of Outlook

Room: FL1-35

Who is that System Administrator, and what do they mean by "your mailbox is full," even if you only have 15 messages in your mailbox? Learn how to clean out your mailbox and how to properly store and save emails you want to keep. Also includes an open forum for Q & A from the FLC-IT staff. This workshop is recommended for any classified staff or faculty member who uses a computer! Presented by Roger Morris.

or

¡Gitano! The Gypsies of Spain

Room: FL1-8

They express personal ideology of life intensely. Passion and defiance overflows through song, dance and custom. Who are they? Where are they from? Unlike any other, they live at the foot of the Sierras in the Caves of Sacromonte. Sometimes one may discover that there are places you leave behind and places that will never leave you. After Granada this time, this indeed had happened. Come take a journey. See, hear, discover... ¡Gitanos! Presented by Elvia Macias-Perez.

or

Hot and Healthy Salsa

PE Dance Room 203

Learn how to dance the salsa and exercise your heart in PE Dance Room 203. Presented by Lizette & Don Hopkins.

2:30 – 3:45pm

Participatory Governance and Your Rights

Room: FL1-8

This workshop will inform new and existing faculty of their rights and responsibilities, their opportunities and obligations, for supporting the work of the college, and the structures of the Academic Senate and PG committee organization at the college. It will also cover the purpose of and the reason for both the Academic Senate and LRCFT. Faculty members have a voice and should know how to use it. Presented by Tammy Montgomery, Gordon Lam, Kim Harrell, and John Alexander.

or

Sustainability. Beyond the Walls: Teaching Sustainability through Inter-Disciplinary Dialogue

Room: FL1-7

A workshop for ANY discipline about bringing sustainability issues into, and out of, the classroom. What does a sustainable world look like? No single discipline can answer that question, which presents a challenge for deeply exploring sustainability issues in the classroom. In this workshop we will explore interdisciplinary approaches that bring diverse faculty and their students together. This will include a chance to design and implement classroom activities and events for the weeks leading up to, and including the 3rd Annual Earth Week festival at our college campuses! Presented by Steve Holzberg and one or more of the following: Jason Pittman, Marsha Peralta, Dale van Dam and Kathy Leland.

4:00 – 5:15pm

Cardio Circuit!

Room: PE 211

Don't be afraid of this title!!! Come and take a tour of the PE Department's new cardio circuit room. Learn how to operate our new treadmills, ellipticals, bikes, and rowers. Our cardio room also has weight machines, medicine balls, and fitness balls. Participate in an EASY workout! Be sure to wear your sweats and be prepared to have fun. You can walk, run, row, or bike either as slow as you want to or as fast as you want to (but NO speeding) and all to really cool music! Come and enjoy! Bring a water bottle. Presented by Karen Beckman.

5:00 – 7:00pm

Adjunct Dinner, Information & Networking Session Community

Room: FL1-20 (Community Room)

Adjunct faculty are invited to dinner and conversation with the Los Rios College Federation of Teachers—FLC representatives. This meal and mixer provides a casual environment for faculty to ask questions and receive answers about workplace issues, including scheduling, hiring preference, performance review, benefits, professional development, and much more. Understanding the union contract empowers all faculty to fully participate in college activities and to develop the resources needed to become better educators. RSVP to help us in planning the amount of food, but all are welcome even as drop ins. Contact K.C. Boylan at boylank@fl.c.losrios.edu and 916-608-6628. Presented by: LRCFT.

Friday, January 16th at Folsom campus

8:30 – 11:30am

Continental Breakfast

Falcon's Roost

9:00 – 9:30am

Motivational Speaker: Bernard Gibson

Room: FL3-173

9:30 – 11:00am

The Ins and Outs of the new FLC Website

Room: FL3-173

The FLC website has undergone a revolutionary change that gives designated faculty, administrators and classified staff the ability to log in, manage existing content and or create new pages for their specific departments. It provides an easy, user friendly template for faculty to use when creating a personal webpage. It puts the majority of content management at the fingertips of the user. Join the implementation team to find out what FLC's new look is and how to navigate its content. Presented by the Ingeniux Implementation Team (Kathleen Kirklin, Matt Battershell, Kristy Hart, Scott Crow & Karen Gilmer).

11:00am – 11:30pm

EMP and Curriculum Review

Room: FL3-173

The next time each instructional discipline/department faculty submit an EMP they will do so using FLC's new EMP and Curriculum Review web based systems which have now replaced MS Word and Excel templates used previously. This short presentation will provide an introduction and feature exposé of particular interest to discipline/department faculty. Presented by Chris Olson.

11:30 – 12:45pm

Meet, Greet and Eat Brown Bag Lunch.

Falcon's Roost

Bring your lunch bags and join us for gustatory ingestion and social integration. Catch up with old friends. Make new ones. Adjunct faculty are especially welcome.

1:00 – 2:30pm

Convocation with a District Update from the Chancellor

Including an update on Accreditation. Room: FL3-173. Presented by: Administration, Chancellor Brice Harris, and the Academic Senate.

2:30 – 3:30pm

Department Meetings

Administration of Justice: **FL5-211**

Anthropology: **FL1-203**

Art: **FL2-154**

Business: **FL1-149 (break room)**

Chemistry: **FL2-207**

Computer Information Science: **TBA**

Communication: **FL2-153**

Counseling: **FL1-204**

Early Childhood Education: **FL4-135**

English: **RWM Center**

English as a Second Language: **FL2 232**

History: **FL5-113**

Humanities and Philosophy: **FL5-112**

Library/IT: **FL1-35**

Life Sciences: **FL2-119**

Math: **FL1-104**

Physical Education: **FL1-207**

Physics: **FL2-211**

Political Science: **FL4 136**

Psychology: **FL4-121**

Spanish: **FL2-246**

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