### 2016 Staff Recognition and Development Day, Thursday, May 12

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| 9-10:15 a.m.       | • Welcome from UAF Chancellor Mike Powers  
                      • Longevity Awards presentation | Wood Center, Carol Brown Ballroom             |
| 11 a.m.-1:30 p.m.  | Health Fair                                                           | Wood Center mall, multilevel lounge           |
| 10:30 a.m.-1:30 p.m.| Human Resources open enrollment Q&A                                  | Wood Center mall, multilevel lounge           |
| 11:45 a.m.-1:15 p.m.| Lunch                                                                | Wood Center, ballroom                         |
| 4 p.m.             | Chancellor’s Ice Cream Social                                        | Wood Center mall, multilevel lounge           |

### Session I — 10:30–11:30 a.m.

**Leadership: It’s More Than a Position or Title, It’s Action and Example**
Margo Griffith, UAF senior Human Resources consultant, Gruening 409

**Arctic Chaga for Optimal Health**
Elena Vyndorf, UAF graduate student, and Dennard Hegna, local business owner, Gruening 408

**Zumba class**
Reina Hastings, Cooperative Extension nutrition educator, Student Recreation Center fitness studio

### Session II — 1:30–2:30 p.m.

**Basecamp for Project Management**
Kim Davis, UAF Marketing and Communications special projects director, Gruening 307

**Green Dot training** (apx. 1.5 hrs.)
• Kim Swisher, UAF Department of Social Work clinical assistant professor  
  • Ronnie Houchin, UAF transitions programs coordinator, Gruening 205

**Hosting Google Hangouts On Air**
Naomi Hagelund, University of Alaska instructional program consultant, Gruening 208

**Recording Stories: Capturing Oral Histories**
Leslie McCartney, UAF Rasmuson Library curator of oral history, Rasmuson 340, media classroom

**“Kiguġuyat: The Northern Lights” screening in the portable planetarium**
Emma Marcucci, UAF Geophysical Institute postdoctoral fellow, Regents’ Great Hall

**New Trends and Platforms in Social Media**
Andrew Cassel, UAF Marketing and Communications social media coordinator, Gruening 408

**Photo Tips: Quick and Easy Ways to Make Your Photos POP!**
Jason Lazarus, UAF Journalism Department photography instructor, Gruening 301

**Process Mapping 101**
Julie Queen, UAF Office of Management and Budget director  
  Faye Gallant, UAF Office of Management and Budget business analyst, Gruening 304

**Retirement Planning Tips and Strategies... You CAN do this!**
Bobby Weaver, Keyes & Associates Inc., Gruening 309

**The 57-Minute Writing Workout**
Ned Rozell, UAF Geophysical Institute science writer, Gruening 206

### Session III — 2:45–3:45 p.m.

**Container Gardening: Tips and Tricks for Flowers and Veggies in Containers**
Emily Reiter, UAF Department of Chemistry lab coordinator, Gruening 307

**Dance Every Day**
Brighton Brooks, UAF eLearning & Distance Education academic advisor, Hess Recreation Center

**“Kiguġuyat: The Northern Lights” screening in the portable planetarium**
Emma Marcucci, UAF Geophysical Institute postdoctoral fellow, Regents’ Great Hall

**It’s Better Together: Creating a Personal Mastermind Group**
Bambi Nelson, UAF College of Rural and Community Development program coordinator, Gruening 304

**Yoga Basic**
Marsha Munsell, UAF School of Natural Resources and Extension nutrition educator, Wood Center multilevel lounge

**The Future of Recycling in Fairbanks**
Becca Brado, Green Star of Interior Alaska executive director, Gruening 408

**Smartphone Photography 101**
JR Ancheta, UAF Marketing and Communications photographer, Gruening 412

**UFV engineering building tour**
Cam Wohlford, UAF Design and Construction senior project manager, engineering building lobby

**UFV Geophysical Institute tour**
Sue Mitchell, UAF Geophysical Institute public information manager, Elvey Building lobby

**Aikido: Moving Meditation and Self-Defense**
Mike Abels, UAF Toolik Field Station operations manager, Student Recreation Center fitness studio

*Session offered in Google Hangouts*