Employee Recognition - April 2004

Congratulations to Coralie Fiegel for being named RCTC's Best Bee of the month for April 2004!!!

Coralie Fiegel is an instructor at RCTC in the BTEC department. Coralie is an asset to the BTEC Department, because she is a hard worker who is always willing to take on an extra task or help with any department activities. Coralie's computer knowledge has gotten her nominator out of a jam more than once. Coralie's willingness to serve on various campus committees serves the college well.

Coralie serves RCTC in many roles: Co-chairman of the RCTC Distance Education Committee and the AASC Committee. Coralie serves on the MSCF State Distance Education/Technology Task Force and represents MSCF faculty on the Minnesota Online Council e-student services workgroup. Coralie serves as the Minnesota Business Educators, Inc. Secretary.

Coralie's nominator states that, "What we value her for the most; however, is her expertise with computers and distance education. If there are any questions related to computer software (MS Office to WebCT to Desire 2Learn), she's our savior. Coralie is enthusiastic, energetic, and is also a motivator to move our department forward evidenced by many new curriculum course/program proposals. She makes sure she is available to help students when needed and challenges them to think through problems rather than just give quick answers. Coralie is a fine individual, a tireless worker, and a perfect candidate for the Best Bee award".

Thank you Coralie and congratulations on being named the "Best Bee of the Month"! Coralie will receive the "up front" parking space for the month of April at the UCR campus.

Book for Sale

The RCTC Bookstore has the book by Fan Shen: *Gang of One* in stock and it sells for $18.75. Stop in and pick up your copy today!
Weekly Stakeholder and Market Fact

The Community College Survey of Student Engagement (CCSSE) has established five national benchmarks. The fifth is called Support for Learners. This is defined by the following statement: Students perform better and are more satisfied at colleges that are committed to their success and cultivate positive working and social relationships among different groups on campus. Community college students also benefit from services targeted to assist them with academic and career planning, academic skill development, and other issues that may affect both learning and retention.

RCTC's composite score for this benchmark is 45.8. The composite includes a series of questions in the survey that link to academic challenge. The higher the score the better. The national benchmark is 50.0. The benchmark for other medium size institutions is 49.2. RCTC is performing below the national norm for this benchmark.

Blood Drive

We are now scheduling appointments for the April 5-6-7 Blood Drive.

Please call 285-7261 before March 31st. After March 31st, call the Blood Bank at 284-4475. Please encourage students to schedule appointments, too!

Katie Swegarden, BSN, RN

UCR Facility Hours

There have been several questions about building access lately. As a reminder, these are the facility hours:

The actual building hours for UCR are as follows:
5:30AM to 10:15PM, Monday through Friday
5:43AM to 6:00PM, Saturdays
10:30AM to 5:30PM, Sundays

Heintz Center building hours are as follows:
6:00AM to 10:00PM, Monday through Thursday
6:00AM to 5:00PM, Fridays
6:30AM to 3:00PM, Saturdays

No Sunday hours

Regional Sports Center hours are as follows:
8:00AM to 10:00PM, Monday through Friday
Saturday and Sunday hours are dependent upon scheduled events

Contact Carol Naatz at 280-2880 for more information.

Board Policy Changes/Additions

Several proposed Board Policy changes/additions have come up over the last few weeks. Please review the proposals attached to this week’s Crossings with your constituents and forward any questions/concerns to the appropriate RCTC Leadership Council member. To view all current MnSCU and RCTC Policies, please visit: http://www.rctc.edu/policies/
Supalla’s Scribblings

Although many hearings continue on proposed legislation, it appears that much of the future discussion regarding RCTC initiatives will occur in legislative offices and hallways. We’ve had ample opportunity to publicly testify on the Health Sciences Center proposal in both the House and Senate so one-on-one calls, emails and personal visits will be helpful in keeping our project and the sales tax language change in the minds of key legislators. I encourage you to continue to stay abreast of legislation impacting higher education, MnSCU and RCTC by accessing the MnSCU Web page at...

http://www.mnscu.edu/Legislative/legislativeupdates/2004/index.html

The Minnesota State Colleges and Universities just released its 2003 System Report. The information included provides a good snapshot of MnSCU and the System’s impact on Minnesota. Over the next few edition of Scribblings, I’ll share bits and pieces of the report…The system’s mission is to provide the diverse citizens of Minnesota the benefits of high-quality, accessible, future-oriented higher education; relevant research; and community service. The Minnesota State Colleges and Universities System of diverse institutions offers unequal breadth, variety and quality of educational opportunities across the state. Collectively, and in partnership, the system offers learning opportunities for a technologically sophisticated world that result in:

- Contributing and empowered citizens
- Active participants in a democratic society
- Educated, skilled and adaptable workers
- Innovative lifelong learners
- Practical research and development
- Strong communities

Did you know?

- **Lori Halverson-Wente** received word that her request for funding “Learning That Lasts” was tentatively approved by the CTL faculty review team. With the submission of some additional information the $15,000 award will be finalized. Lori’s proposal was one of 73 requests totaling nearly $800,000. Congratulations!
- **RCTC’s Continuing Education/Workforce Development Team** collaborated with Workforce Development, Inc. to deliver an Information Technology Summit held at Heintz Center. A panel of I.T. professionals shared their perspectives on employment trends, skill requirements, staff development needs, and new program ideas. Thanks to **Warren Kemplin** for serving as RCTC’s point person.
- Employers throughout Minnesota now can call a new toll-free number to be connected to affordable, industry-specific customized training programs. By calling 1-800-366-7380, companies of all sizes can obtain information and access to training from MnSCU institutions. Each year, colleges and universities provide customized training to 140,000 employees from 6,000 Minnesota employers.
- Three RCTC students received 2004 Morrie Anderson (former MnSCU Chancellor) Scholarship Awards from the MnSCU Foundation. Congratulations to Jeffrey Olson (Building Utilities Mechanic student) and Bryan Eder and Bradley Wytaske (Computer Aided Drafting students). Thanks to faculty members **Tom Soltau** and **Pam Benson** for taking the time and effort to submit the scholarship applications.
- RCTC is required to complete an integrated master facilities plan for presentation to the Office of the Chancellor by December 2004. During the next several months, **Marilyn Hansmann** will be working with a consultant to coordinate the collection of information from academic affairs, student services, technology and other functional areas that will be used by the consultant to draft the plan. The first draft of the plan will be shared with staff during the August staff development days and there will be ample opportunity for input before the document goes to print in November. The integrated plan, a new master planning concept recently initiated by MnSCU, is driven by prescribed Office of the Chancellor format.

**Thought for the Day:**

_“Without involvement, there is no commitment. Mark it down, asterisk it, circle it, underline it. No involvement, no commitment.” -- Stephen Covey_

Stay involved!  

Don
Wellness Committee News

Here this week’s Health Tip and Recipe to boost your daily points for March Madness.
We welcome your suggestions and ideas for "healthy tips" and recipes.
Please submit ideas or recipes to the wellness committee at: Katie.Swegarden@roch.edu.

The Wellness Team

Health tip #209
from: 365 Tips for better Health from the University of California at Berkeley Wellness Letter: **Don't try to suppress a sneeze.** If you hold your breath, seal your lip and pinch your nose while sneezing, you create enormous pressure in your nose and throat, which can force infections into your sinuses or ears through the Eustachian tubes.

Recipe
**Danish Apple Pie** (Microwave)
Source: Quick Meals for Healthy Kids/Busy Parents

7 cooking apples, peeled, cored and sliced
¾ c sugar
2 Tablespoons flour
1/8 teaspoon salt
1 teaspoon cinnamon
1 baked 9 inch pie shell
2 Tablespoons margarine
¼ cup flour
¼ cup brown sugar

Place apples in large mixing bowl. Combine sugar, flour, salt and cinnamon. Add to apples and toss to coat. Pour apples into a pie shell, placed in a microwave-safe pie dish.

In a small bowl, cut margarine into flour and brown sugar. Sprinkle over apples. Cook on high for 12-14 minutes, until apples are tender when poked with a fork. Cool before serving.

Nutritional facts: (per serving)
Servings 8 (3/4 cup)
Calories 321
Protein 2 g
Carbohydrates 57 g
Fat 10 g
Cholesterol 0 mg
Fiber 3 g
Iron 1 mg
Calcium 31 mg
Sodium 226 mg

**Black bean and corn salsa**
Source: Jen Bruce

1 jar salsa 16oz or larger (any flavor, any spice level)
1 can Shoepeg corn
1 can black beans rinsed and drained

Mix all ingredients together in a large bowl. Serve as a side dish, on salads, baked potatoes, etc. This recipe tastes especially great with tostado chips.

Order Flowers for Easter!
The Floral Design students are taking orders for Easter Centerpieces. The Centerpiece will consist of a basket featuring tulips, daffodils, and other spring flowers. Price: $20.00.
Orders and payment are due to Robin Fruth-Dugstad (box 49) by Tues. March 30. Make checks payable to RCTC. Arrangements will be available for pick-up on Thurs. April 8 from the Hort Tech Center at the Heintz Center.