



Bates | College

Staff
Enrichment

Course
Catalog

June 14th – 18th

Sponsored by the Bates College Staff Development Committee

Staff Enrichment Week – 2010

COURSE DESCRIPTIONS

Monday through Thursday courses are held twice a day from 9:00 to 11:00 and 1:30 to 3:30. Friday hosts the Road to B Well, a 5K run/walk and wellness fair, as well as a history walk.

Monday, June 14th

Five Habits of a Highly Successful Investor

Mark Bertonazzi, TIAA-Cref

Learn the fundamentals of setting financial goals, realizing tax advantages, reducing your risk, and understanding how to allocate your assets. This workshop will provide you with the opportunity to ask lots of questions you have wanted to know the answers to! Class size: 50

Building a Better Burger

Keith Pray, Dining Services

A big, juicy burger is the all-American classic! This interactive cooking class will teach participants some simple, healthy recipes for building a better burger! Class size: 32

Caring for Your Vehicle

John Deschene, Physical Plant Automotive Shop

Learn the basic, yet very important, knowledge that everyone should know about their car. Save money on some very expensive car repair bills by gaining knowledge about basic repairs and preventive maintenance you can do yourself. Class size: 15

Walking on Eggshells – How We Choose to Live, Work, and Play with Others

Carmen Purdy, Office of Equity and Diversity

Confrontations or hurt feelings occur when we tiptoe around to avoid sensitive issues and allow resentment and misunderstandings to pile up. This workshop will focus on addressing issues, opening discussions and determining the best way to prevent walking on eggshells. Class size: 20

Amazing Race Around Bates – Season Two

Mary Main and Ken Emerson, Human Resources

Do you really know how to find places and resources at Bates? In a race against time, you will be sent out across campus in teams to accomplish tasks and learn about Bates along the way. Class size: 24

It's for the Birds – An Intro to Birdwatching

Tom Hayward, ILS

Learn the basic skills and tools of this fascinating hobby! The class will take a short excursion across campus to see the local bird population. Please bring binoculars if you have them. Class size: 25

The Wonders of Google – Everything is Free Now!

Andrew White, User Services, ILS

Learn all about what Google can do for you: find stuff, write an email, create a spreadsheet, store stuff online, and create your own web page—all for free! Class size: 20

Tuesday, June 15th

Staying on Track in a Volatile Market

Mark Bertonazzi, TIAA-Cref

Learn about market volatility and how to manage your accounts in the midst of market downturns and upswings. There will be lots of opportunity to learn about market conditions and get answers to your questions! Class size: 50

Functional Fitness through the Ages

Mike Milliken, Human Resources/Wellness Program

This class will introduce the concept of “functional fitness” (fitness for everyday life). This interactive class will teach you some exercises that can lower your risk for injury and improve your ability to perform everyday tasks. Bring your exercise clothes! Class size: 15

Repairs Around Your Home

Tim Chouinard, Physical Plant Carpentry Shop

Need to hang a door, adjust shelves, fix windows and screens, make small fixes, or renovate a room? This class will provide you with basic carpentry and home repair information, so bring your questions to the pros! Class size: 20

Threads of Diversity – Little Miss Sunshine Film Review

Amie Parker, Human Resources

Movies create a colorful backdrop for a discussion about diversity as people seeing the exact same movie take completely different messages from it. This class will prompt conversations about expanding our thoughts on diversity beyond race and ethnicity and discuss its impact on our everyday lives. A copy of the film will be provided to each participant for viewing prior to class. Class size: 24

The First 2,000 Miles Are the Hardest: Hiking the Appalachian Trail from Georgia to Maine

John Degon

What motivates an otherwise sane man to quit his job and walk two-thousand miles back home? Come find out what it is like to hike the world's longest continuously marked trail. Class size: 25

Maine's Forests & Sound Forest Management

Ken Canfield, Maine Department of Conservation

Gain valuable information and advice about Maine's forests and how to manage the trees on your own property. Class size: 50

Connecting to the World through Skype

Scott Tiner, Media Services, ILS

Skype allows free video and audio conferencing with people around the world. It's a great tool to keep in touch with family and friends. Come learn the pros and cons of Skype, how to use Skype, and what equipment you will need at home. Class size: 15

Wednesday, June 16th

Navigating the Admissions & Financial Aid Process with your Child

Nancy Cable, Office of Enrollment and External Affairs

Learn tips for developing a list of potential schools, arrange successful campus visits, complete applications, and secure financial aid. This class will review the myths surrounding the whole college search process and help you understand how to help your teen select colleges that are a good fit. Class size: 50

Brain Aerobics

Connie Jones, Seniors Plus

This course will present an overview of the changes that happen to the brain as we age, the good news that the worlds of science and technology have taught us about the aging brain, and how to keep our brains healthy. Be prepared for lots of hands-on activity that will give your brain an aerobic workout. Class size: 50

Basic Interior & Exterior House Painting

John Snyder, Physical Plant Paint Shop

Learn the tools and tricks of the trade for your home painting projects. This workshop will focus on selecting the proper equipment and paint, repairing holes, interior painting techniques, and proper exterior painting. Class size: 15

The Happiness Project – Book Talk

Mary Main and Shirley Govindasamy, Human Resources

This best-selling book demonstrates how you can be happier, starting right now, with small actionable steps, accessible to everyone. The book is filled with practical advice, insight, and humor, and through the book, we will explore the steps we can each take to bring happiness into our lives. The book will be provided to all participants in advance of the class. Class size: 25

Geocaching

Natalie Williamson, Finance

Geocaching is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. This class will allow participants to try this activity right here on the Bates Campus! If you have a personal GPS, please bring it to class; GPS units will be available to others. Class size: 25

Container Gardening

Bill Bergevin, Physical Plant Landscape Shop

From ageratum to zinnias and basil to thyme, this workshop will cover all aspects of choosing and growing plants in containers. Once all the talking is over, you will be able to pot up your own container to take home with you. All materials will be provided. Class size: 25

You got a digital camera. Now what? An Introduction to Digital Photography

William Ash, Imaging Center

Come learn a few tips and tricks for your digital photography as well as have fun taking pictures. Class participants need to bring their digital camera, USB cable, and camera manual. Class size: 20

Thursday, June 17th

Personal Budgeting

Ed Plourde, Finance, and Doug Ginevan, Financial Planning Office

Learn the benefits of having a personal budget to help you meet your financial goals—whatever they may be—saving for house, buying a car, taking a vacation. This course will teach you the steps to develop a budget that works for you. Class size: 50

Zumba

Cynthia Nicholas

Zumba is a new and exciting form of exercise that incorporates Latin-style music and dance. This class will be an interactive introduction; come prepared for moderate exercise. Class size: 25

Brick Patios & Walkways

Dan Hamann, Physical Plant Masonry Shop

Thinking about enhancing your home with brick landscaping, but don't know how to get started? This workshop will teach you the basics of brick landscaping including determining the location, preparing the area, determining the cost, selecting materials to use, and how to complete the project! Class size: 15

Doing What You Love – Love What You Are Doing!

Mary LaFontaine, Lewiston Career Center

We spend the majority of our time at work, so being comfortable with the work we do and enjoying that work is critical to our happiness. This workshop will give you some tools to examine aspects of your work life and determine how to get the most out of your work. Class size: 15

Office of Multicultural Affairs Staff Cultural Immersion

Cultural Immersion Project Staff Participants

In April, 2010, six Bates College staff members traveled to Costa Rica to perform a service project and to immerse themselves in another culture. Come sample traditional Costa Rican food, hear about their experiences, see their pictures, and learn what you need to know before venturing out. Class size: 25

Kayaking for Beginners

Steve Bowden, Physical Plant

Would you like to try a fun and safe hobby? Master Maine Guide Steve Bowden will introduce you to this great water sport on our very own Lake Andrews! Class size: 15

Social Networking

Jason Moreau, ILS

Everyone is talking about Facebook, Twitter, and other social networking sites. Come learn what it's all about and decide for yourself if you want to join the worldwide social-networking scene! Class size: 20

Friday, June 18th

Finding Our Founders Walk

Kat Stefko and Pat Webber

Take a walking tour of a nearby cemetery where we will visit the gravesides of our early Bates College founders and faculty. Through stories we will retell the lives of these significant individuals who shaped our College. Wear comfortable shoes for this extended walk. Class size: 20

Road to B Well – Wellness Events

The theme of the day is “the Road to Wellness” in the spirit of the first B Well sponsored 5k. Following the 5k run/walk on Friday (registration begins at 9 a.m. with the race starting at 9:30 a.m.), there will be additional wellness events in New Commons from 10 a.m.–1 p.m.

Welcome the 5k participants back at the Fireside Lounge with live music and a healthy juice bar. Additional activities will include massage, yoga, and Wii Fit taking place upstairs in New Commons. Several local wellness resources will be in attendance to answer your health questions, fuel your interest in wellbeing, and give you a chance to win prizes. Lunch will be free for all faculty and staff this day, so be sure to stop in before or after you eat.



REGISTERING FOR COURSES

We encourage you to take part in this exciting week. Please obtain permission from your supervisor prior to enrolling in courses.

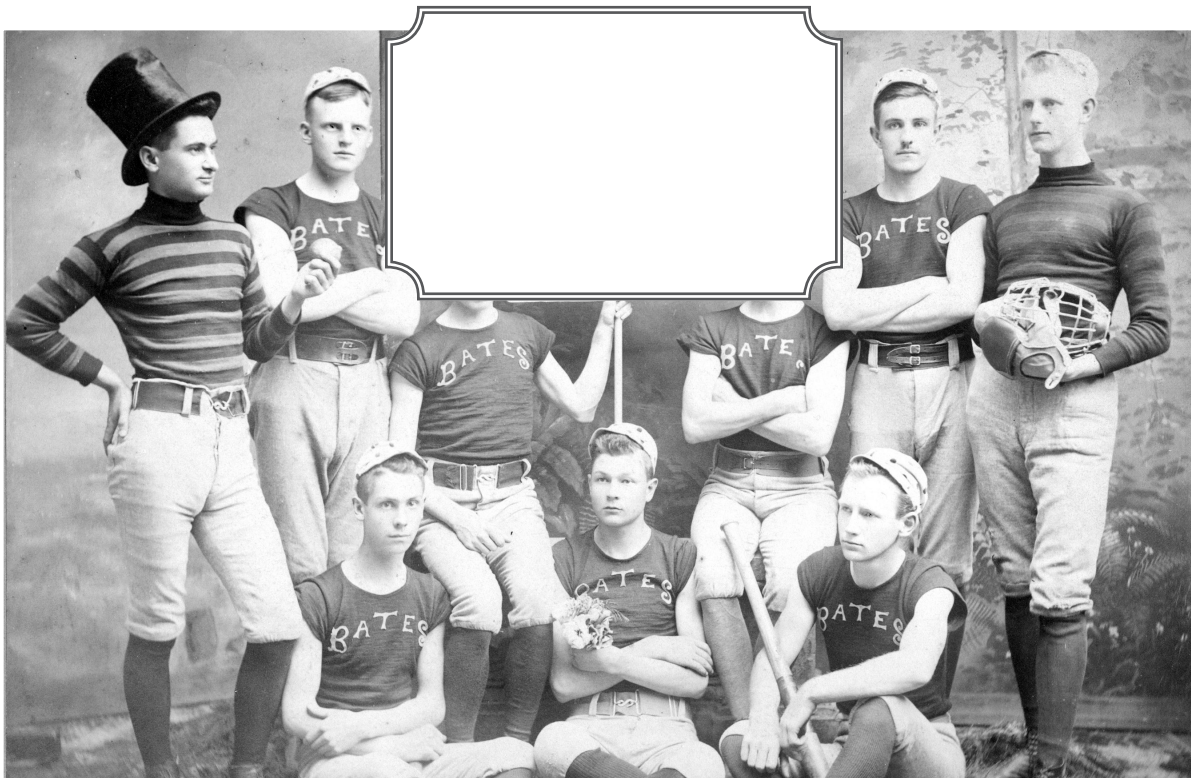
Registration begins on Tuesday, May 18th.

How to Register:

- Log on to Garnet Gateway using your Bates ID. The Garnet Gateway can be accessed by going to the College home page and selecting "Garnet Gateway" from the Hot List Menu.
- Enter your PIN.
- Go to the Events Menu Tab located at the top of the page.
- Click on Upcoming Events.
- Click on Staff Enrichment Week.
- Click [sign up] next to the courses you wish to take. If you want more information about a course, click the name of the course.

To review the courses you have signed up for, click the Events link near the top of the screen.

Questions? Please call Human Resources at x6140



A SPECIAL THANK YOU

Please join us in thanking the many individuals who made this week possible:

- **Staff Development Committee:** Linda Carter, Will Ash, Andrew White, Ed Jawor, Christine Schwartz, Keith Pray, Ray Potter, Heather Taylor, Mike Milliken, Ken Emerson, Jessie Govindasamy, and Mary Main
- **Presenters:** Mark Bertonazzi, Keith Pray, John Deschene, Carmen Purdy, Ken Emerson, Tom Hayward, Andrew White, Cynthia Nicholas, Tim Chouinard, Amie Parker, John Degon, Ken Canfield, Scott Tiner, Nancy Cable, Connie Jones, John Snyder, Mary Main, Doug Ginevan, Bill Bergevin, Mike Milliken, Dan Hamann, Mary LaFontaine, Steve Bowden, Jason Moreau, Kat Stefko, Pat Webber, Ed Plourde, Will Ash, Tonya Taylor, Brenda Pelletier, Sara Noyes, Nancy Salmon, Natalie Williamson, and Shirley Govindasamy
- **BCSA** for hosting the lunchtime bingo game
- **Dining Services** for coordinating all our wonderful lunchtime activities and providing us with free lunches!
- **Senior Staff** for their continued support of this week

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