

Weekly Update: January 6-12, 2019

Greetings!



It's a **new** year – a fresh start!

On January 1, we all woke up with one thing in common – **TIME**... 8,760 hours to make 2019 our best year ever! Over the course of this year, we will see **SUCCESS!** And the #1 contributing factor to our level of success will be the priorities we put in our **TIME!**

Time is a finite resource; once wasted it is never recovered.

You can't buy more, borrow more, or make more.

It expires every day.

Be protective of your time to **SERVE** in 2019!

Weekly Updates:

- The annual **"Your Future at Work"** in Sioux County was held last Friday, January 4, in Orange City. Rachel Hesebeck worked a booth to promote NCC. Dan Cline, Allie Mouw, and Megan Dieken represented their Transitions duties. Robert Hoting presented on Welding careers. Approximately 500 sophomores attended the event which included all of the Sioux County high schools. Lisa Story serves as the President of the committee and helped to plan this year's event. She will also continue her term as President this year, and NCC will host the event in January 2020.
- On Wednesday, January 9, Greta Giese and John Hartog attended the **Boyden Chamber** meeting. Greta spoke about the LLRC and the upcoming Live Healthy Northwest Iowa program.
- On Thursday, January 10, Greta Giese presented at the **Sheldon East Elementary** school assembly; the theme for this month's assembly was "Active & Attitude." Greta presented the 51201 method for the students to remember ways to have a good attitude, good activity, and good health each day.
 - 5 – five servings of fruits and veggies each day
 - 1 – treats should be once in a while
 - 2 – less than two hours per day of screen time
 - 0 – zero sugary drinks, more water
 - 1 – at least one hour of physical activity each dayThe students ended the presentation/assembly with a dance party! (*See attachment.*)
- On Thursday morning, January 10, Bob McNaney, Senior Vice President of Crisis and Critical Issues with Padilla and nationally recognized crisis communication and strategy counselor, presented media coaching on Crisis Communications for members of NCC's Executive Council, Greta Giese, Lori Richards, Doug Rodger, and guests from Sibley-Ocheyedan and Western Iowa Tech Community College. Prior to joining

Padilla, Bob was an National Emmy Award winning investigative journalist with more than 24 years of reporting experience. Bob counsels global corporations through crisis situations, conducts crisis trainings across the country, and trains executives to successfully communicate their messages to their intended audience. Bob is a sought-after speaker whose interactive style entertains and educates audiences.

Following the morning session, Bob spent the afternoon reviewing NCC's emergency and crisis communications plans. He commended NCC for its preparation and plans, and suggested just a couple changes to the crisis communications plan. Thank you to Kristin Kollbaum for arranging this important session with a real expert in the field whom she met at one of her conferences!

- Nancy Popkes, Angie Shilling, and Deb Kleinwolterink attended the **Next Generation NCLEX® Workshop** at Kirkwood Community College on Wednesday, January 9. The NCLEX board examination for nurses is changing the process for testing graduate nurses. This workshop taught strategies to develop valid and reliable teacher-made tests. Strategies to prepare for the Next Generation NCLEX were also discussed.
- Michael Oldenkamp attended a **CITO Policy Workshop** in Des Moines on Wednesday and Thursday, January 9-10. The event was hosted by FRSecure, a company that specializes in information security.
- **Live Healthy Northwest Iowa** begins next week (Monday, January 14)! We have 30 individuals registered from our own NCC faculty, staff, and students – with 105 registrations for the program thus far. There are still a few days left to register if anyone is interested in participating in the 10-week wellness challenge. Questions about the program? Contact Janice Wielenga at 324-6152 or janicewielenga@nwicc.edu.
- The conversion to **LED lights** in the upper portion of the Bldg C parking lot is completed. It has made a noticeable improvement to the lighting in that lot.

Continuing Education Information:

- Check out these “In the Near-Future Classes”:
 - Mondays, January 7, 14, 28, February 4, 11 and 18 –**Stretching and Relaxation Techniques** Class at the St Joseph Parish Center in Granville, taught by Melissa Remme Bohrer. For details, [click here](#).
 - Thursdays, January 17, 24, 31 and February 7-**Beginning & Intermediate Drawing** class, taught by Dennis Hart. For details, [tabloid-page 8](#).
 - Mondays, January 21, 28 and February 4, **Beekeeping for Beginners**, taught by Beth Thole. For details, [tabloid-page 6](#).
 - Tuesday, January 22-**Insta What? Insta-Pot Cooking!** How do I Use My Electric Pressure Cooker? taught by Mariah Oliver. For details, [tabloid-page 3](#).

Upcoming Events:

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| ○ January 14 | Spring Online Classes Begin |
| ○ January 21 | Joint Board of Trustees/Foundation Board meetings |
| ○ January 23-24 | Student Legislative Session in Des Moines |
| ○ February 18 | Faculty In-Service Instructional Workday (no day classes; evening classes held) |
| ○ March 1 | Midterm – no classes |
| ○ March 4-8 | Spring Break |

Happy Birthday!

- Thursday, January 17 Sawyer Wieseler

In your service,

Alethea F. Stubbe, Ph.D.

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Sheldon East Elementary School Assembly “Active & Attitude”



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