

## NCC Weekly Update: January 18, 2020



### The Power of Written Goals

*Clear, written goals have a wonderful effect on your thinking. They motivate you and galvanize you into action. They stimulate your creativity, release your energy, and help you overcome procrastination as much as any other factor.*

*Goals are the fuel in the furnace of achievement. The bigger your goals and the clearer they are, the more excited you become about achieving them. The more you think about your goals, the greater becomes your inner drive and desire to accomplish them.*

*Think about your goals and review them daily. Every morning when you begin, take action on the most important task you can accomplish to achieve your most important goal at the moment.*

#### Weekly Updates:

- Last week, a group of faculty and staff (15) gathered for a healthy lunch and learn event with former **Live Healthy Iowa** director Dr. Amy Willcockson. Those in attendance were able to learn tips, tactics, and strategies to make 2020 their healthiest and best year ever. Dr. Amy shared the message that chronic disease is the #1 threat to our economy, families, and lives. If you're interested in how you can develop, nurture, and master all the components of your well-being and achieve your best and biggest live, you can check out the recording of the presentation here <https://vimeo.com/383631711/3bab23ef4d>. Three attendees won prizes in our prize drawing:
  - Rhonda Pennings – cookbook
  - MariBeth Schneider – cookbook
  - Lori Richards – health coaching sessionDr. Amy will be presenting again in March at the Live Health Northwest Iowa Awards Luncheon on March 23<sup>rd</sup> at 12:00 noon. You can also reach out to Dr. Amy directly with any questions at [dramy@happyhealthhabits.com](mailto:dramy@happyhealthhabits.com). Thank you to those who attended Dr. Amy's presentation!
- Congratulations to our **Workforce Training** team and everyone involved in the work to make the IDEA Lab a wonderful learning space. We received a very uplifting phone call this week from an workforce training instructor and she had nothing but outstanding comments about her first experience with teaching in the renovated space.

- On Thursday, January 16, Alethea Stubbe, Mark Brown, John Hartog, and Rhonda Pennings attended the **SCDC** (Sheldon Community Development Corporation) Annual Meeting at the Crossroads Pavilion.
- **Building D Construction Update:**
  - The **Open House & Ribbon Cutting** for the new Automotive lab will be held on February 24 from 4-7 p.m. with the a ribbon cutting at 5:30 p.m. (*See invitation in attachment*)
  - NCC's building project is featured this month on **Lab Managers** website, be sure to check it out at the following link - <https://www.labmanager.com/lab-design-and-furnishings/2020/01/project-profile-northwest-iowa-community-college-building-d#.Xh8suyN7mM9>
  - The **Diesel Technology** building is enclosed and the roof is water tight! The next step is to set the rooftop units. We currently have temporary heaters going inside to drive the frost out of the ground. It won't be long and we will be using the rooftop units to warm the space. Concrete floors are in the near future! (*see photos in attachment*)
- **Student Activities Update:**
  - On Friday, January 10, students enjoyed their day off from class by going skiing/snowboarding at **Mount Kato** in Mankato, MN! For about half of the students that went, it was their first time ever snowboarding/skiing. They were very quick learners and everyone had a blast! (*see photos in attachment*)
  - On Wednesday, January 15, Courtney Cunard, from the **Family Crisis Center** in Sioux Center came to campus and spoke on sexual assault, consent, intervention, and bystander awareness. Thank you to the students, faculty, and staff that attended the presentation. (*see photos in attachment*)
- It's been a week of **winter weather**! NCC opted for 9:00 a.m. starts on both Monday, January 13 and Wednesday, January 15 as well as no classes on Friday, January 17. As they say, the days get longer and the winter gets stronger!
- The season of giving has arrived, and you recently received information regarding the **Employee Giving Campaign**! The NCC Foundation encourages you to reflect on your reasons for giving. Would you like to help prolong the life of a certain scholarship? Make it possible for our students to continue their attendance, despite financial troubles? Help obtain new equipment for our labs and classrooms? Morgan Granstra will soon be in contact with you to discuss your giving options and any questions you have about the **Foundation**. If you are interested in this year's NCC backpack incentive, these are available in the Foundation Office! Think your donation of \$10, \$15 or \$25 won't help? Think again – if every NCC employee made a donation of \$25, that's over \$3,000 raised to support our students, our facilities, and our community college. (*See photo of backpack in attachment.*)

#### Continuing Education Information:

- On two Thursday afternoons, January 23 and 30, Twyla Vogel will be the instructor for **Microsoft Excel 2016-Level 1** class at NCC. For more information and/or to register for this class, please click [here](#).
- On Monday, January 27, Mariah Oliver will be the instructor for the **Insta-Pot Cooking** class at NCC. There are still a few spots left for this class. For more information and/or to register for this class, please click [here](#).

#### Upcoming Events:

- January 20                      Board of Trustees meeting (joint with Foundation Board)

#### Happy Birthday!

- Saturday, January 25      April Klein

In your service,

Alethea F. Stubbe, Ph.D.  
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“Thank you.”



**Kaylyn Pick**

- Thank you for being so flexible and accommodating with your students! You always put them first and encourage them in their efforts.

-Anonymous

**Mike Oldenkamp, Eric Ortner,  
and Logan VanDenBerg**

- Thank you all for your help at various points when setting up technology for a Workforce Training event being held on campus. You are miracle workers!

-Sawyer Wieseler

# Student Activities Update



# Building D Construction Update



# Building D Automotive Lab Open House & Ribbon Cutting



Alumni & Community Members  
please join us at an

## OPEN HOUSE & RIBBON-CUTTING

Showcasing the  
remodeled Building D  
Automotive Labs

**Monday, February 24  
4-7PM**

5:30PM Ribbon-Cutting  
Tours Available

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# Employee Giving Campaign



# NCC Backpack Incentive



# Happy “NCC” Anniversary



## January

- 1.3.05 Beth SW
- 1.3.11 Stephanie Peterson
- 1.3.18 Karinne O’Ram
- 1.5.12 Steve Pearce
- 1.8.14 Jerry White
- 1.10.17 Aimee Jaynes
- 1.23.19 Robin Sindt



Thank you for your  
“service” to NCC!

# Important Dates to Remember



## Spring 2020

*\*All-College Meeting date is TBD – will perhaps be held in virtual format.*

January 2 & 3	Faculty Instructional Work Days	-----
January 6	Spring Semester Classes Begin	-----
January 10	Your Future at Work Day	No classes
January 13	Spring Online Classes Begin	-----
February 17	In-Service Instructional Workday	No day classes, evening classes held
February 28	Midterm Instructional Workday	No classes
March 2-6	Spring Break	No classes
April 10 & 13	College Closed – Easter Holiday	No classes
April 17	8 <sup>th</sup> Grade Career Day	No classes
April 22	Graduation Prep 8:30/9:30/10:30 a.m.	Mandatory meeting for all spring graduates. Students are required to attend one of the three meetings.
May 3	Spring Online Classes End	-----
May 8	Spring Semester Ends	-----
May 8	Spring Commencement	-----



Juniors and Seniors...join us for

# THUNDER FRIDAYS



2019-2020

- ~~October 25th~~
- ~~November 1st~~
- ~~November 8th~~
- ~~December 6th~~
- January 24th
- February 14th
- March 13th
- March 20th
- April 3rd

▶ NORTHWEST IOWA COMMUNITY COLLEGE