

Keynote: We're Still Here, Now What?

Presenter: Dr. Patt Schwab

A firm believer that "The Good Stuff is in the Middle," Dr. Patt Schwab, CSP, shows midlevel and frontline staff how to use humor to enhance productivity, increase energy and enrich their life in and out of the workplace.

Patt's doctorate is in higher education administration. Her thesis, on team building, was titled: People Support What They Help Create. After working at a variety of universities, Patt is now president of FUNDamentally Speaking, an international speaking and consulting business that believes in putting the "FUN" before "damental." Patt speaks throughout Europe, Canada and the USA encouraging audiences to look inside themselves for a humorous perspective on workplace problems and challenges.

Patt is the author of:

Leave a Mark, Not a Stain! What every manager needs to know about workplace humor

What's So Funny About Long-Term Care? How patients and caregivers find humor in long-term care

The Obscure Holiday Handbook! Outrageously fun reasons to celebrate all year long

(co-author) Humor Us! America's Funniest humorists on the power of laughter

Find out more than you'll ever need to know about Patt at www.FUNDamentallySpeaking.com

SESSION 1 Wednesday 1:30-3:00

Persuasive Persuasion

How do you effectively persuade someone to change their mind or to take action? The art of persuasion is one that is studied, practiced, and crafted over time, and in this workshop participants will acquire powerful skills to influence and persuade others toward shared goals. In a short period of time in this class, you will learn persuasive techniques, how to craft persuasive messages, and effectively delivery methods without the need for anger, manipulation, or punishment. This is a class that you cannot afford to miss.

Presenter: Lisa Voso

Lisa Voso has been a personal injury trial attorney for 12 years and in the public speaking arena for more than 20. Lisa is the litigation attorney at the long-standing personal injury law firm of Hardwick & Pendergast in Renton, Washington. Her practice focuses on wrongful death and personal injury law. While practicing law is her calling, teaching presentation skills is her passion. She is the owner of The Voso Impact – a speech and presentation company. Lisa teaches business communication skills to corporations across the State of Washington. She also provides individual coaching for adults and youth in order to help them master the skills needed for successful interviews, speech preparation and presentation enhancements. She has worked with countless individuals and groups including political candidates, corporations, banks, and not-for-profits. She had had two appearances on TV in recent years and was the 2010 recipient for both the Kent Educational Service Award and the Business Examiner 40 Under 40 award. She is currently working on her first book, which focuses on skills to help communicate between the generations.

SOCRATES DID NOT LECTURE AND WHAT *DEAD POETS SOCIETY* KNEW: AN INTRODUCTION TO KINESTHETIC TEACHING

The majority of what we learn is not due to teachers, parents, acquaintances, or friends merely spouting knowledge at us. Rather, vast stores of our knowledge come from our tangible lived experiences of the world and our place in it. However, the current pedagogy of our educational system often assembles students in classrooms where the professor merely lectures to the students on the material at hand. This teaching style is adequate for students who are naturally auditory or even visual learners. However, for those students with learning disabilities, neurological difficulties (e.g. bipolar disorder, schizophrenia, PTSD, ADD, ADHD, etc.) or any other issues that threaten their ability to “sit and listen,” this type of rudimentary teaching forces those students to form their knowledge by unpractical means, or sadly, they may simply fail to learn at all. Many students are entering institutions of higher learning that are dealing with these issues, as well as returning veterans who may be suffering from the effects of PTSD. In any case, what this trend is proving is that learning via the lecture style is just not working for students. However, what is working for many of these students, as well as for those who are naturally auditory or visual learners, are teachers committed to instruction via an upbeat kinesthetically influenced approach to whatever curriculum is being taught. This lecture explores the power and value in teaching kinesthetically by giving practical tips and advice on incorporating these style changes into any setting.

Presenter: Teresa Marbut, MATS and PhD candidate

Teresa Marbut is a devoted wife, mother, and college professor. By being the mother of a twelve-year-old boy who struggles with autism, bipolar disorder, and ADHD, Teresa has had firsthand experience of the problems associated with the current educational structure in the handling and educating of children who learn differently from the “norm.” Because of her experience as a former homeschooling mother and a current college professor – who often teaches students struggling with language barriers, PTSD, bipolar disorder, and other neurological and emotional issues – she has restructured her classroom to one that strives to cater to the learning needs of *all* students. Teresa serves as a part of the adjunct faculty in Women’s Studies at Saint Martin’s University in Lacey, WA. She also teaches philosophy at Pierce Community College in Lakewood, WA. Her kinesthetically driven teaching style has won her rave reviews from both faculty and students. She holds a Master Degree in Theological Studies from George Fox University and has completed her doctoral coursework at the California Institute of Integral Studies. Currently Teresa is at work on her dissertation.

Google Docs-Forms

Learn how to create basic forms for a variety of uses including: surveys, electronic clipboards, online registrations, evaluations and more! This exciting tool is easy to use, have several templates to choose from, and best of all it’s FREE!

Presenter: Timothy Anderson

Tim has been working in the community college system for over 5 years, including instructing several computer classes. Tim has a passion for learning and sharing what he has learned in a simple understandable format. Tim currently sits on the STTACC board as Communication Coordinator and is a past STTACC president.

Tips and Tricks for Sustainable Gardening

Sustainable gardening has regained interest to many as we learn more about processes our food supplies are subjected to, and the health issues sometimes caused by such.

Presenter: Janet Parker

Janet Parker has had the opportunity to work in the Grounds Maintenance at GHC's beautiful campus since March 1999. She completed the Master Gardener training in 2000 through Washington State University. This training provided wonderful information that she has been able to share with numerous people through work, as well as being invited to speak at Master Gardener luncheons.

SESSION 2 Wednesday, 3:15-4:45

Gumby Meets Mighty Mouse-How Resiliency and a Positive Attitude can Lead to Personal Empowerment-The Story of 2 Brendas

With the flexibility and resiliency of Gumby and the strength and positive attitude of Mighty Mouse two friends utilized their strengths to empower themselves to face several health concerns head on. What does the role of having a positive attitude and being resilient have on recovery and overall happiness? We will discuss previous literature as well as personal experiences that have helped us keep looking on the bright side of life.

Presenters: Brenda Dell and Brenda Rolfe-Maloney M.S.

Brenda Rolfe-Maloney has a Master's of Science in Clinical Psychology with an emphasis on research from the University of Alaska Anchorage. For the last nine year she held several positions at Grays Harbor College and is currently a tenured professor of Psychology. Her previous positions at the college include the Human Services Program professor and Running Start Coordinator. Prior to coming to GHC she has published two research articles one in Cognitive Psychology and one in Social Psychology. Since her graduation from UAA a turn of events in her life has lead her to focus her current research on the field of Positive Psychology and the importance of happiness. One of her greatest sources of happiness, besides her love for psychology, is her family which includes her husband, four children and three wonderful grandchildren.

Brenda Dell earned a Bachelor of Arts in Leadership and Public Administration from Evergreen State College and has a Certificate of Completion in Secretarial Sciences from Grays Harbor College. Brenda worked for 6 years in the Institute of Pacific Rim Studies and the International Student Services at Saint Martin's University. She currently works in the Admissions and Records Office at Grays Harbor as a Program Assistant for the last 20 years. Brenda lives for travel, family and friends, trying new things and constantly learning and growing.

Interpersonal Communication

This Interpersonal Communication workshop is designed to focus on communications within the areas of both the workplace and personal life. The workshop will: Explore the attitudes, behavior, and strategies that help people communicate about change effectively, resolve differences, collaborate easily, and produce results; notice when a conversation is starting to go off track, and improve skills for politely and quickly getting back on track; and become more confident and creative at expressing ideas clearly and directly with a minimum of effort.

Presenter: Lisa Voso

Lisa Voso has been a personal injury trial attorney for 12 years and in the public speaking arena for more than 20. Lisa is the litigation attorney at the long-standing personal injury law firm of Hardwick & Pendergast in Renton, Washington. Her practice focuses on wrongful death and personal injury law. While practicing law is her calling, teaching presentation skills is her passion. She is the owner of The Voso Impact – a speech and presentation company. Lisa teaches business communication skills to corporations across the State of Washington. She also provides individual coaching for adults and youth

in order to help them master the skills needed for successful interviews, speech preparation and presentation enhancements. She has worked with countless individuals and groups including political candidates, corporations, banks, and not-for-profits. She had had two appearances on TV in recent years and was the 2010 recipient for both the Kent Educational Service Award and the Business Examiner 40 Under 40 award. She is currently working on her first book, which focuses on skills to help communicate between the generations.

Courageous Conversations

Members of the Grays Harbor College Diversity Committee will facilitate a variety of activities that allow people to think about and discuss diversity. By using guidelines, the discussions happen in a safe environment that encourages growth and insight. Topics such as race, sexuality and religion will be addressed.

Presenters: Jennifer Barber, Chandra Miller-Starks, and Brian Shook

Jennifer Barber has taught English as a Second Language for over 20 years, currently teaching ESL at Grays Harbor College. A granddaughter of immigrants, she has lived and worked overseas in several different countries. She is also the chair of the Diversity Committee at Grays Harbor College and co-advisor of the GHC Student Multicultural Club, which has allowed her to do specific training in the area of diversity. She lives on a small farm with her partner and many diverse animals.

Chandra Miller-Starks is a Licensed Mental Health Counselor and the Human Services Program instructor at Grays Harbor College. She has over 18 years of experience in higher education, including chairing college wide diversity initiatives and events, providing training for staff and students on working and learning within diverse communities, and teaching courses related to working with diverse populations. She is a Washington State transplant from Arkansas and currently lives in Olympia and attempts to maintain her sanity while raising a two and a four year old.

Brian Shook- GHC counselor and diversity committee member

Snip, Snap, and Shake your Way into Windows 7

This workshop will provide an opportunity for you to learn some of the new features included with the Windows 7 operating system. We will cover some of the fun new tools and review tags, ratings, and new file search techniques. We will also identify how the Windows 7 can increase your efficiency and productivity.

Presenter: Timothy Anderson

Tim has been working in the community college system for over 5 years, including instructing several computer classes. Tim has a passion for learning and sharing what he has learned in a simple understandable format. Tim currently sits on the STTACC board as Communication Coordinator and is a past STTACC president.

SESSION 3 Thursday, 9:15-10:45

Our Veterans, Their Transition, Practical Strategies to Assist Them

Over 2.3 million have deployed to Iraq and Afghanistan, and given an attractive 911 GI Bill many will seek higher education as an option after they return home. What can you do to ensure they experience a supportive "community" and technical college environment? Participants can expect to learn and engage in practical strategies by which to engage and empower our student veterans.

Presenter: Peter Schmidt

Peter Schmidt is Project Director and trainer for the Veterans Training Support Center of the Center for Learning Connections at Edmonds Community College, and provides outreach and consultation to colleges, universities, and community based agencies in Washington State as well as nationally. A veteran of the United States Air Force and Washington Air National Guard, Peter has offered numerous trainings on veterans issues in higher education, veteran best practices, invisible wounds such as post-traumatic stress disorder and mild-traumatic brain injury.

Peter has assessed, diagnosed and treated veterans and their families as a counseling subcontractor for the Washington Department of Veterans Affairs and has facilitated a restorative retelling support group for inmates (military veterans) at McNeil Island Corrections Center. Peter's background includes work as tenured counselor, psychology faculty and college dean. Peter served as chair of the Veterans Resource Team and adviser to Club Vet (student veteran association) at Edmonds Community College. Peter holds an M.A. in Counseling from Seattle University and M.A. and Psy. D. in Clinical Psychology from Argosy University Seattle. He is a Licensed Mental Health Counselor and National Certified Counselor.

Secrets of the Soup Queen

This class goes beyond soup as you may know it. Journey with the Soup Queen as she shares her secrets to making nutrient dense soup stocks that can save your life and your budget. A power packed class in which we make one basic nutrient dense stock that can enrich thousands of other foods.

Presenter: Pam Drake

Pam Drake is a Nutritional Therapy Practitioner and owner of Foundational Wellness Education & Support Center in Hoquiam, Washington. She is also a Nutritionist for the Shoalwater Bay Wellness Center in Tokeland, Washington, and for the Muckleshoot Wellness Center in Auburn. She is also President of Flora Technology Inc., an integrated Pharmaceutical Company. Pam graduated from Northern Montana College as a Nurse and for the past 30 years has been dedicated to independent health research. She has been a guest on local television and has lectured around the western United States on many natural health topics from food, cooking and farming to the healing arts. Pam organized the first Washington Chapter of the Weston A. Price Foundation, co-organized a national conference "Traditional Foods, Diets & Lifestyles", and authored a program called "Foundations in Whole Foods Cooking" used by the Nutritional Therapy Association. She does consulting nationwide for hospitals, groups and in home settings. Beyond the Professional, Pam is mother of 3 lovely daughters and enjoys her 8 grandchildren. She is a member of River Life Fellowship in Aberdeen where she heads up Kitchen Ministries and is in Women's Ministry Leadership.

Brain Workout (Power Lifting)

We will give our brains a serious work out. We will have fun with logic problems and brain teasers and learn the best ways to approach them. This workshop will help you with methods to problem solve. Use the skills gained from the workshop to conquer a variety of problems that life and work throws at you. Prepare to do a lot of thinking and having fun in this workshop.

Presenter: Mark Holm

Mark Holm works in Grays Harbor College IT department and has 8 years teaching experience. You may be familiar with Mark from his training sessions at previous STTACC conferences or recognize him as a member of the STTACC board. Mark will be sharing his knowledge with a presentation on Brain Workout (Power lifting)

Financial Yoga: Stretching Your Hard-Earned Dollars

In today's tough economic climate, having the skills to stretch a paycheck is more important than ever. Reduce your financial stress by learning key tips to becoming a more effective money manager.

Presenter: Jill Warneke

Field Marketing Representative, School Employees Credit Union of Washington

Session 4 Thursday, 1:00-2:30

Our Veterans, Their Transition, Practical Strategies to Assist Them

Over 2.3 million have deployed to Iraq and Afghanistan, and given an attractive 911 GI Bill many will seek higher education as an option after they return home. What can you do to ensure they experience a supportive "community" and technical college environment? Participants can expect to learn and engage in practical strategies by which to engage and empower our student veterans.

Presenter: Peter Schmidt

Peter Schmidt is Project Director and trainer for the Veterans Training Support Center of the Center for Learning Connections at Edmonds Community College, and provides outreach and consultation to colleges, universities, and community based agencies in Washington State as well as nationally. A veteran of the United States Air Force and Washington Air National Guard, Peter has offered numerous trainings on veterans issues in higher education, veteran best practices, invisible wounds such as post-traumatic stress disorder and mild-traumatic brain injury. He can tailor trainings and presentations to your organization's needs.

Peter has assessed, diagnosed and treated veterans and their families as a counseling subcontractor for the Washington Department of Veterans Affairs and has facilitated a restorative retelling support group for inmates (military veterans) at McNeil Island Corrections Center. Peter's background includes work as tenured counselor, psychology faculty and college dean. Peter served as chair of the Veterans Resource Team and adviser to Club Vet (student veteran association) at Edmonds Community College. Peter holds an M.A. in Counseling from Seattle University and M.A. and Psy. D. in Clinical Psychology from Argosy University Seattle. He is a Licensed Mental Health Counselor and National Certified Counselor.

Making It Stretch

Must know practical tips for feeding a family nutritionally in today's economy. Costs continue to rise so learning to eat healthy may pay you in many areas of your budget from gas to health care expenses. Pay yourself to "Make it Stretch"

Presenter: Pam Drake

Pam Drake is a Nutritional Therapy Practitioner and owner of Foundational Wellness Education & Support Center in Hoquiam, Washington. She is also a Nutritionist for the Shoalwater Bay Wellness Center in Tokeland, Washington, and for the Muckleshoot Wellness Center in Auburn. She is also President of Flora Technology Inc., an integrated Pharmaceutical Company. Pam graduated from Northern Montana College as a Nurse and for the past 30 years has been dedicated to independent health research. She has been a guest on local television and has lectured around the western United States on many natural health topics from food, cooking and farming to the healing arts. Pam organized the first Washington Chapter of the Weston A. Price Foundation, co-organized a national conference "Traditional Foods, Diets & Lifestyles", and authored a program called "Foundations in Whole Foods Cooking" used by the Nutritional Therapy Association. She does consulting nationwide for hospitals, groups and in home settings. Beyond the Professional, Pam is mother of 3 lovely daughters and enjoys her 8 grandchildren. She is a member of River Life Fellowship in Aberdeen where she heads up Kitchen Ministries and is in Women's Ministry Leadership.

Digital Lifestyle

The human-computer experience is full of systems, apps, and social networks designed to improve your quality of life. Ralph Hogaboom will talk about managing the data, tools, and software to enjoy the digital lifestyle at our fingertips.

Presenter: Ralph Hogaboom

By day, Ralph Hogaboom runs the network and servers at Grays Harbor College. The rest of his time is spent unschooling his two kids, writing and playing music in the indie pop band Best F-Tigers Forever!!, baking and cooking, managing his 24/7 120-player global collocated Minecraft server, tinkering with electronics, running his record label Mighty Kitten Records, and designing for print and the web as HQX Design Inc. You're welcome to dinner almost any night – just call ahead first.

Borrowing Hats and Examining Shoes

This can't be the end...right? Where have I heard this before? Consider different perspectives on the issues that surprise us each day. How many hats can you balance on your head and still know which way you are walking? What if I tried a different hat or maybe I walked in your shoes? Tools to find perspective and create your own destiny, by borrowing hats and examining shoes. Seriously?

Presenter: Ben Winkelman

Ben was born in Grays Harbor Community Hospital in 1974 and was one of the last children in the lower 48 United States to live in a logging camp. The experience of living in a logging camp molded Ben as a young child. Ben grew up with three younger brothers and moved into Montesano when the camp closed in the 1980s. He went on to graduate from Grays Harbor College and then obtained his Bachelor's of Science in Psychology from Washington State University before graduating from Gonzaga University with his Juris Doctorate in 2002. He has been working as an attorney in Hoquiam and is a partner in the law firm of Parker & Winkelman, P.S. Ben is the oldest of 4 boys and married the youngest of seven and lives in Hoquiam with his wife and three daughters and yes he wears a few different hats. Ben has been serving on the Washington State Bar Family Law Executive Committee since 2007, and is the current Chair. He is in his second term on the Hoquiam City Council (one of the only 12 person city councils in the State of Washington) and is the 2012 City Council President, where he participates in all committee meetings. He is active in the Hoquiam Community Services Board and helped to form the Hoquiam Business Association, where he is a current board member and Association Secretary. He has served as President of the Hoquiam Development Association, Association/Board Secretary for the Hoquiam Business Association; and President, Secretary and Treasurer of the Grays Harbor County Bar Association. Ben is the current Board President of Newrizons Federal Credit Union and owns a local real estate management company and apparel manufacturing/retail company in Hoquiam.