

## **General Staff Meeting**

Chan Shun Hall, Room 108

October 21, 2009

No. 31

The meeting was called to order at 4:04 p.m. by Paul Elder.

CALLED TO ORDER

David Ferguson gave the devotion. He talked about Psalms 27 and how the Lord holds us in His hands. He told a story about his daughter Emily getting lost in Disneyland. When he found her she said she wanted to hold her own hand—not Daddy’s or Mommy’s. We need to remember to hold God’s hand and not rely on our own abilities.

WORDS OF  
ENCOURAGEMENT

David Ferguson

PRAYER

Barb Friesen presented information on whole grains. Grains should make up about 1/3 of your daily diet. Whole grains include barley, brown rice, buckwheat, bulgur, millet, oatmeal, and wild rice. Ingredient list should use the word “whole.” Diets based on white, refined flours are not ideal.

WELLNESS NUGGET

Marvin Budd gave an update from the Senate. The staff subcommittee on the Senate made a recommendation to ask the Administration to provide information about Worker’s Compensation, Benefits and other policy changes before they happen. They have reviewed preliminary plans for Buller Hall. Larry Schalk gave a finance update on the project as well. Lee Olson is chairing a subcommittee that is reviewing minutes from various campus committees. Lee Olson is also an observer at the President’s weekly Cabinet meeting and provides updates from that meeting. The School of Architecture has made some recommendations on the construction of Buller Hall to make it greener. At tonight’s meeting, Larry Schalk will present information on a proposed 100-bed addition to Burman Hall.

SENATE UPDATE

Barb Friesen shared with the group that the employee wellness program “AhealthyU” now has an operational program. She demonstrated how to find and navigate the website for the group. They are hoping to have a 10-week program through Lakeland that will help employees to increase activity and lead to a healthier lifestyle. For more information, contact Barb Friesen. They also have a reimbursement program for people participating in the Financial Peace University through PMC. On the evening of November 16 they will be hosting a Five Wishes program, an end-of-life planning seminar.

EMPLOYEE  
DEVELOPMENT:  
AhealthyU

The employee of the month is Nancy Miller in the Department of Teaching, Learning & Curriculum. Her service goes above and beyond. Thank you, Nancy, for your service.

STAFF EMPLOYEE  
OF THE MONTH

Meeting ended at 5 p.m.

ADJOURNMENT

Paul Elder, Moderator

Julie Jones, Recording Secretary