



# Collegewide Staff Council

Valencia Community College  
Orlando, Florida

## Wellness Fair is Coming to Your Campus

Once again, Human Resources will host the annual Wellness Fairs. Both full-time and part-time employees are welcome to participate.

**Tuesday, April 11th**  
West Campus, 8 to 11 am  
HSB Room 105

Osceola Campus, 1 to 4pm  
Bldg. 1, Room 232-234

**Wednesday, April 12th**  
East Campus, 8 to 11 am  
Bldg. 5, Room 112

Winter Park Campus, 1 to 4pm  
Room 224-226

**Thursday, April 13th**  
Downtown Center, 8 to 11am  
1st Floor Conference Rooms A/B



Blue Cross Blue Shield of Florida will be on-site to do health screenings, chair massages, lifestyle questionnaires, and so much more with immedi-

ate results of your tests. Vision Select will be there to discuss the vision discounts that are avail-

*(Continued on page 2)*

## Representatives

**Administrative Liaison**  
Stan Stone ..... Ext. 8075  
**Collegewide Chair**  
Joanna Branham ..... Ext. 2821  
**Collegewide Vice Chair**  
Kenneth Moses ..... Ext. 2708  
**Collegewide Secretary**  
Cathy Campbell ..... Ext. 3321

**Downtown Center**  
Patty Nicholas ..... Ext. 3465  
Cathy Campbell ..... Ext. 3321  
**East Campus**  
Kenneth Moses ..... Ext. 2708  
Heather Shugg ..... Ext. 2322  
**Osceola Campus**  
Ruben Aquino ..... Ext. 4151  
Nayda Cruz ..... Ext. 4158  
**West Campus**  
Michal Ewing ..... Ext. 1612  
Darlene Powers ..... Ext. 1537  
**Winter Park Center**  
Priscilla Gray ..... Ext. 6816  
Carol D'Avella ..... Ext. 6802

**Learning Council**  
Brenda Britt ..... Ext. 2815  
**Planning Council**  
Darlene Powers ..... Ext. 1537  
**Executive Council/Past Chair**  
Debi Jakubcin ..... Ext. 2281  
**Web Advisor**  
Mary Jane Jones ..... Ext. 1017

## In This Issue

- ♦ *Pets by Judy, see Wellness Fair continuation*  
Page 2
- ♦ *Our Condolences to the Linton Family*  
Page 2
- ♦ *Leading Change, by John Maxwell*  
Page 3
- ♦ *Leadership Valencia classes*  
Page 3
- ♦ *Meetings on Your Campus*  
Page 4

## Valencia Helping Hands, A Gift for Teaching

In February, Valencia Community College students and staff came together to help local K-12 students by holding a campus-wide supply drive to benefit A Gift For Teaching.

Valencia students and staff donated everything from notebooks and computer software to backpacks and pencils.

In just a matter of two days, VCC students collected a whole pallet of school supplies to help students in need.

Thank you, to all who participated in the Community Outreach!

Please watch for future information on next year's event which we hope to be bigger and better!



# Wellness Fair, April 11-13th

Health & Lifestyle Questionnaire



Cholesterol Screening



Glucose Screening for diabetes done with a light finger stick, results in 5 minutes



Blood Pressure Weight & BMI



Hearing Testing



Massage Therapy



Immediate Results with a 4-page personalized printout



Individual Lifestyle Coaching Educational Material

Blue Cross Blue Shield of Florida  
Illness management



Blue Complements, Health Dialog  
Door Prizes and much more!

We've added a new twist to this year's fair. Did you know that petting a dog or cat can lower your blood pressure? Studies have also shown that people who own pets have a longer life expectancy. For the first time, we will have pet adoptions at the Wellness Fair. Pet Rescues by Judy, a non-profit organization, will be outside,



on-site with a few of her precious bundles of joy ready for adoption. She will be set up at the West, East, and Winter Park campuses only. Please be aware that, if you decide to adopt a pet, arrangements must be made to remove the pet from the campus as pets are not allowed inside the buildings for health reasons (i.e., people with allergies, etc.).

- **Convenient:** No waiting in a doctor's office and no appointment necessary
- **Confidential:** Screening done by an outside vendor. Aggregate results ONLY are provided to employer
- **FREE:** This is a benefit sponsored by BCBSFL
- **Bring:** Your BCBSFL contract number with you
- **Questions:** Contact Laurie Youngman, 407-582-8033, ext. 8116

If you have any questions, please contact a member of the Benefits and Retirement Team for assistance:

Laurie Youngman ..... Ext. 8116  
Linda Marcia ..... Ext. 8038  
Barbara Luse ..... Ext. 8045

able to full-time employees. Also attending the fair will be BJ's Wholesale, Ashley Park Chiropractic Clinic, LA Weight Loss, our employee assistance program—The Allen Group, Diabetic Supply, and Kissimmee Family Wellness Center will be doing chair massages.

## The Career Staff Council Offers Deepest Sympathy

It is with great sadness that we announce the passing of Eric Linton, a part-time custodian with Valencia's East Campus, night shift. Eric was an outstanding and faithful employee with Valencia for seven and a half years. His cheerful demeanor and kind heart inspired many of us in the Custodial Department and he will be profoundly missed.



His wife, Shemell, welcomes all calls and contact. She may be reached at (407) 382-6978.

Correspondence or contributions may be sent to her at 8684 Foley Drive, Orlando, FL 32825.

The viewing will be held Friday, March 31, from 4:00 until 8:00 PM at Gail and Wynn's Mortuary Service located at 1300 Bruton Boulevard, Orlando,

Florida. The phone number is (407) 522-4000.

The funeral Service will be held Saturday, April 1, 2006, at 10:00AM, at Harvest Baptist Church, at 514 South Parramore Avenue, Orlando. The phone number is (407) 425-3109.



If you have any questions, please contact Jerry Cochran, Custodial Services Supervisor at (407) 582-2208.

## Now that Spring Break is Over, Get Back in the Swing of Things by Registering for a Workshop



**March 30** FrontPage Introduction  
East - TFP330

**March 30** Florida Highwaymen:  
African American Artists  
Winter Park - GHWM330

**March 31** - Leadership, Mentor,  
and Coaching Roles  
Winter Park - PLMC

**March 31** How Full is Your Bucket?  
East - GHFYB

**March 31** Developing Others  
Sand Lake - MDO

**April 4** Dream Weaver Introduction  
West - TDWIW

**April 4** AAWCC: Path to Leadership  
Winter Park - PPTL44

**April 5** Your Personal Safety and  
Awareness  
Winter Park - GSAFE

**April 6 & 7** Oracle 11i Beginners  
(2 days)

Winter Park - TOR2

**April 6** FrontPage Intermediate  
East - TFMIE

**April 7** Who Moved My Cheese  
East - PCHEESE

**April 7** Dream Weaver Introduction  
Osceola - TDWIO

Leadership Valencia To register for any Leadership Valencia workshop, mail a completed registration form to DTC-1, fax to ext 3134, or register online at <http://valenciacc.edu/leadership/regstr.asp> . For additional information please e-mail or call Janice Swanson at extension 3126 or [jswason5@valenciacc.edu](mailto:jswason5@valenciacc.edu).

## Leading Change

Leadership is about change. If you need no change, you need no leader. In times of change, people seek out more and better leaders. Those successful sought-out leaders embrace the following thought: "The best reformers the world has ever known are those who began with themselves."

Mahatma Gandhi said, "We must be the change that we envision." Tolstoy said, "Everyone thinks of changing the world, but no one thinks of changing himself."

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that we envision."

The following comments are about personal change:

### 1. One person cannot change another person.

When I started as a young leader, I

thought that a leader could change the people; and boy, did I work at it. I said, "All right, I'm going to give them thoughts, ideas, and principles; and I'm going to change people."

After several years, I awakened to the thought that the only person who can change himself or herself is himself or herself. You can change yourself, but I cannot change you. You see, I am responsible to you but I am not responsible for you; and there is a world of difference between those two. I am responsible for teaching you good leadership, I am responsible for sharing things that can help add value to your life; but you are the only one who can take responsibility to change yourself, and that is what this whole article is about.

### 2. Most people need to look at the way that they look at change.

How many times have you heard somebody say, "I sure hope things will change." The only way things will change for me is when I change. It has nothing to do with hope. You

## By Dr. John Maxwell

can't just say, "Well, I just hope things will change around me," and expect results. The only way that things will change for me is when I change.

I have also heard this before, "I don't know why I'm this way." Well, you are the way you are because that is the way you want to be. Let's expose it for what it really is.

### 3. When you make the right personal changes, other things begin to turn out right.

Tolstoy said, "Everyone  
thinks of changing the  
world, but no one thinks  
of changing himself."

So when people say, "I'd like things to turn out better for me, I'd like things to turn out right, I'd like things to turn out better in the organization, or in my family," I say to them, "Start by making personal changes."

**Collegewide Chair**

Joanna Branham  
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**Collegewide Vice-Chair**

Kenneth Moses  
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Get Healthy, Learn More,  
Reach Out!



## Collegewide Staff Council Mission

The Collegewide Staff Council is a reflection of its fellow colleagues. The Council is a platform that addresses employee concerns, provides doors of communication, and assists in employee development. It listens to and addresses campus and collegewide concerns/issues and facilitates discussions that reflect solution-oriented resolutions.

The Council also provides career staff representation at all communicational and organizational levels of the college through membership on governing councils and committees.

### Upcoming Meetings:

**Downtown Center**

Last Wednesday of every month  
3pm, Rm. 106 A/B



**East Campus**

2nd Wednesday of every month  
2pm, Rm. 3-113



**Osceola Campus**

1st Thursday of every month  
9:30am, Rm. 2-223



**Sand Lake Center**

3rd Tuesday of the month  
10am, Room- 1-114



**West Campus**

2nd Thursday of every month  
8:30am or 2pm  
(Alternates each month)  
Terrace Room



**Winter Park Campus**

3rd Wednesday of every month  
10am, Rm. 246



**Collegewide Staff Council**

May 17, 2006



**College Executive Council**

Thursday, April 12, 2006



**College Learning Council**

Thursday, April 6, 2006



**College Planning Council**

Thursday, April 27, 2006



For questions about meetings on your campus, contact your campus representative. (See page one for the campus representative information list.)



Will **YOU** be the next  
Grapevine Award Recipient?  
Check online for updates to  
the nomination process:

[http://www.valenciacc.edu/  
staffcouncil/grapevine.asp](http://www.valenciacc.edu/staffcouncil/grapevine.asp)