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SUPPORT • COLLABORATION • COMMUNICATION • INFLUENCE

## YCSA President's Welcome

The YCSA Board is making progress on redefining our purpose and goals! We met over two days in October during which Jeri Denniston, SBDC Director, led us in our strategic planning. We developed our Vision and Mission; determined our measurements for success; performed a SWOT analysis; and developed the focus areas for the next three years.

Then, between October and November 15, we worked in small task teams on the specific strategies and actions to take from each focus area. I'm happy to share the results so far with you all.

### YCSA Vision

We foster unity and a sense of identity among the YC staff, and advance college-wide collaboration and communication.

### YCSA Mission

- We are the voice of the Yavapai College staff
- We represent and promote an enhanced work experience for YC staff
- We promote professional development

### Focus Areas (in no particular order)

- Board structure
- Bylaws
- Funding
- Communication
- Staff engagement
- Professional development & training
- Institutional support

We will share the specifics about the focus areas at the YCSA meeting on January 9, 2019 during our Convocation Day meeting.

I encourage you to take the time to reflect with gratitude on the blessings in your life at this time of year. I am thankful for my healthy family, for the opportunity to work with all of you great colleagues, and for the benefits that working at Yavapai College provides. Hope you all had a wonderful Thanksgiving!

Lisa Schlegel

## Winter Celebrations

YCSA is pleased to announce the college winter celebration "Season of Giving Around the World." This year's theme celebrates cultures, beliefs and customs worldwide. Employees will have an opportunity to learn about the similarities and differences how cultures around the world celebrate the winter season.

Verde Valley Campus celebration and luncheon: Friday, December 14, 2018 at noon in M-137. Enjoy talking with colleagues, music and a wonderful luncheon.

Prescott Campus celebration and luncheon: Monday, December 17, 2018 at 11:00am in 19-147. Don't miss the Family Enrichment Center children singing at 11:00am in the lobby of Building 19. Featured entertainment for the Prescott luncheon will be YC acapella group "On the Rocks."

As part of our celebration of giving, the YCSA planning committee chose The Salvation Army as our non-profit partner for the Prescott area and Kiwanis Adopt-A-Family for the Verde area. Donations are being accepted for unwrapped toys for children birth to 12 years old. Look for boxes on your campus to make a donation. A Salvation Army Bell Ringer will also be included as part of the Prescott Celebration.

Watch for the DuckSoup notice to give your RSVP for one of these two special celebrations.



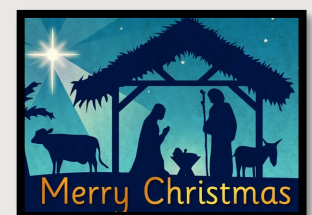
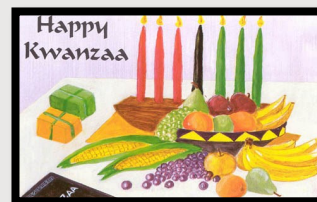
### Calendar Reminders

Dec. 13-16	YCPAC: YC Performing Arts Dept Musical – A Christmas Carol
Dec. 14	Fall Semester ends
Dec. 14	Verde Valley Campus Winter Celebration @ Noon in M-137
Dec. 17	Prescott Campus Winter Celebration @ 11am in 19-147
Dec. 22-Jan. 6	Winter Break (all campuses closed)
Jan. 7	College Re-Opens
Jan. 9	Spring Convocation (8:30am to Noon)
Jan. 14	Spring Semester begins

## 10 Ways to Keep Your Wellness on Track for the Holidays

- 1. Stick to Your Healthy Eating Routine.** Overindulging can get out of hand during the holidays. Instead of adding to the problem, be part of the solution. Share healthy holiday recipes with your colleagues, replace the candy with bowls of fruit, and include some healthy versions of holiday favorites at your next potluck.
- 2. Exercise Indoors.** “I’m too busy” is everyone’s favorite excuse this time of year, and exercise is often the first thing to go in a busy schedule. If you typically exercise outdoors and don’t have a gym membership remember there are lots of fun and different ways to exercise indoors. You can research ideas online or ask your friends/family/colleagues how they like to stay fit during the holidays.
- 3. Work on Your Stress Relief.** With a busy schedule tends to come stress. When you feel stressed out, your productivity levels can decrease. As end-of-year deadlines loom, it’s important to take care of your mental health. Take short mental breaks throughout the day and spend some time taking care of yourself every day.
- 4. Take Some PTO if Needed.** It’s more beneficial for both you and your employer if you take a day off to complete your to do list. Your time at work will end up being much more productive.
- 5. Join a Holiday Fun Run.** It’s easier to stay on track when there’s a goal to work toward. Holiday fun runs are the perfect event to look forward to. From Turkey Trots and Santa Runs to Jingle Bell 5Ks and Reindeer Romps, the holidays have plenty of fun runs to choose from.
- 6. Participate in a Charity Event.** Doing something good for others is a great way to increase your wellness during the holiday season. You can sign up to help individually or as a group to participate in a charity event. Collect canned goods at the office for a local food pantry, volunteer at a soup kitchen, or support a needy child or family with a gift donation.
- 7. Host a Healthy Holiday Potluck.** If you decide to have an office holiday party, try to fill it with healthy foods. Encourage your colleagues to bring in their favorite healthy dishes. You can even make it a contest for added fun!
- 8. Start a Competition/Challenge.** Don’t wait until the YCT Wellness Program’s Jump Start Challenge in January to start the next fitness challenge – try to increase health now.
- 9. Spread Healthy Habits, Not Germs.** The holiday season is a busy time for germs. A lot of people get sick during colder months, catching a cold or the flu, or getting a stuffy nose from allergies. Remember to continue your healthy habits to prevent illness. Wash your hands, get your flu shot, use hand sanitizer and tissues.
- 10. Have a Plan for January.** Start planning NOW for a successful and WELL 2019!! Stay tuned for details about the 2019 Jump Start Challenge from the YCT Wellness Program!

## Winter Celebrations Around the World



# Meet Kammie Kobyleski, Director of Alumni Relations

**YCSA:** Do you have pets?

**Kammie:** Yes! I'm the proud mom to two dogs, Trixie & Daisy. Both were rescues and are some form of Chihuahua/Terrier mixes. They are the most chill, sweetest dogs. Trixie is about 12 or 13 and Daisy is about 6.



**YCSA:** What is your favorite sport?

**Kammie:** Growing up I played soccer and softball and then was later involved with dance in high school. But, I love watching football. I'm not a fanatic, but enjoy the energy and dynamics of team sports.

**YCSA:** What is your favorite book?

**Kammie:** Ohhh, there are so many, but if I had to pick one it would be The Secret Life of Bees by Sue Monk Kidd.

**YCSA:** What is your favorite electronic device?

**Kammie:** Phone.

**YCSA:** Do you prefer to go to the theater or a movie?

**Kammie:** Movies, but love theater as well.

**YCSA:** Hike or bike?

**Kammie:** Hiking! But, bikes are fun, too.

**YCSA:** Have a Margarita or Pina Colada?

**Kammie:** Margarita on the rocks.

**YCSA:** Travel by plane, train, or automobile?

**Kammie:** Planes just because they get us there faster.

**YCSA:** Swim in a pool, lake or the ocean?

**Kammie:** Ocean.

**YCSA:** What does your perfect day look like?

**Kammie:** No agenda, but lots of free time/space for a nice walk or hike, a great meal, maybe a bit of reading and time to paint!

**YCSA:** What is your favorite season and why?

**Kammie:** I'm really looking forward to autumn here in Prescott; living in Phoenix I've missed this season.

**YCSA:** What is your favorite home cooked meal?

**Kammie:** A good hearty soup or chili.

**YCSA:** What is your favorite sandwich?

**Kammie:** Does avocado toast count?

**YCSA:** If you could go anywhere in the world where would you go?

**Kammie:** I'd love to spend some time on the Amalfi coast in Italy.

**YCSA:** Where is the furthest you have ever traveled to?

**Kammie:** Portugal and Japan, not sure which is further?

Just looked it up, Japan is 9,300 + and Portugal is 5,600 miles from here.

**YCSA:** If you could go back in time, what year would you travel to?

**Kammie:** I'm drawn to both the late 1800s/early 1900s, that whole Steampunk era is always fascinating to me. And, I love stories from the 1940s and WWII era. That's not a specific year, but both time periods I'm drawn to.

**YCSA:** If you could have a drink with someone from history, who would it be?

**Kammie:** Frida Kahlo. She was such a spirited woman and her art is incredible. As a new artist, I've looked to her for inspiration and have watched the movie about her, read books, went to her recent exhibit at the Heard Museum in Phoenix and just love the ripple effect she's had on culture and the world. To be able to live life as art in the way that she did with no qualms about what others thought of her, that's truly living!

**YCSA:** What is your biggest success up until now?

**Kammie:** I'd have to say relationships. But specifically, the relationship I've formed with my 13 year old niece. She is one of my best friends. Knowing that she looks to me as a mentor and guide and true friend is super meaningful for me. I adore her and learn something new from her every time we hang out together.

**YCSA:** What do you miss most from your childhood?

**Kammie:** I grew up in the Midwest in the suburbs just outside of St. Louis and miss summers at our community pool. I had a great group of friends and we all hung out at the pool from noon till like five or six, we'd be sunburned and sundrenched, but we loved every minute of it!

**YCSA:** What is something you have always wanted to do but have not?

**Kammie:** Learn another language and be able to speak it fluently.

## Celebrating Our Employees Welcome to our new employees!

Name	Department
Travis Whorton	Facilities
Lisa Raygoza	Community Relations
Michael Murphy	Facilities
Aaron Rodriguez	Facilities
Ruth Ellen Elinski	SBDC
Harold Speers	Facilities

# YC Celebrates 50 Years!

Please enjoy these photos from our many 50th Anniversary celebrations held throughout our campuses/centers.



## Holiday Safety Tips

— Carol Beard

Oh my! The year has flown by and now is the time for holiday safety tips!

I know we all have awesome plans with friends and family throughout the holiday season. It's easy to become relaxed about safety during this time of celebrations. So, here are a few tips to keep in mind.

Special delivery! Many of us enjoy shopping online and having things delivered to our doors. Unfortunately, there has been a rise in deliveries being stolen right from doorsteps. To avoid this, consider requiring a signature for delivery. Another option, depending on the delivery company, is to arrange ahead of time to have the package delivered at the store for your personal pick up (p.s., I know UPS does this...).

Travel time! Whether you are going to the big family bash or just escaping to a cabin in the wood for the holidays, it is important not to broadcast your travel plans to the world. Don't let the world know that you are not home. Have your mail held at the post office while you are gone and have a friend check on your home from time to time. Traveling is awesome and sharing is great, just wait until you are back home to post those travel pics!

Last, but not least, have fun and have a plan! If you are going to celebrate with an adult beverage, please don't drive. Have a designated driver, or a cab company number handy. Enjoy the party and make it home alive to post about it on social media!

Happy Holidays and Stay Safe!



## Holiday Recipes

### Sweet Potato Casserole

— Karla Phillips

This is one of my husband's favorites. This is the full on high fat, high sugar recipe. I substitute Stevia and/or coconut sugar, and coconut oil, and almond flour when I make it.

- \* Preheat oven 350°
- \* 4 cups sweet potatoes, parboiled 30 minutes, peeled and mashed
- \* 3/4 cup brown sugar
- \* 1/2 cup butter, melted
- \* 2 small or 1 large egg, whisked
- \* 1 tsp vanilla
- Topping**
- \* 1/2 cup butter
- \* 1/2 cup flour
- \* 3/4 cup brown sugar
- \* 1 cup pecans, chopped
- \* Mix mashed sweet potatoes, brown sugar, melted butter, whisked egg, and vanilla
- \* Place in 12 X 9 casserole. Mix topping ingredients with fork and spread over casserole.
- \* Bake 30 minutes.



### Turkey Breast of Wonder: Crock Pot Edition

— Carol Beard

#### Ingredients

- \* 1 (5-6 pound) turkey breast
- \* 1/2 C Orange Juice (you could also sub chicken broth)
- \* 1 (14 ounce) can whole cranberry sauce
- \* 1 (1 ounce) package Lipton Onion Soup Mix
- \* Salt and pepper to taste

#### Instructions

- \* Make sure your turkey is completely thawed. I let mine hang out in the fridge for a couple of days after I purchase it frozen. Set it on a pan, so you don't have juices running all over when you open the bag. Cut a hole in the top of the bag and remove the packaging. Some turkey breasts come with a gravy pouch inside, be sure to remove it if yours happens to come with one.
- \* Place the old bird in the crock pot.
- \* In a separate container, pour yourself 1/2 cup of orange juice. Add one can whole berry cranberry sauce and one package Lipton onion soup mix.
- \* Mix the ingredients together and pour them over the top of the bird.
- \* Sprinkle a bit of salt and pepper over the top. Cover the crock pot and cook on low for 8-9 hours, OR until the meat thermometer stuck into the center of the bird reads 180°.
- \* Remove the turkey breast to a plate and cover it with tin foil. Let it rest for about 5 minutes. Then carve it (or shred it) up and enjoy!!!



# YCSA Committee Updates

## Newsletter

Our next newsletter will be published in January 2019. If you have any unique New Year's Resolutions you would like to share, please email them to Katherine Anderson.

The Newsletter Committee is looking for staff from all of our YC campuses to join. You do not need to attend our planning meetings in person; committee members can attend via zoom. Please email [katherine.anderson@yc.edu](mailto:katherine.anderson@yc.edu) for more information.

## Employee Benefits & Professional Development

There are no committee updates at this time.



## Social/Community Service Service

Our committee is busy organizing the 2018 Winter Celebrations. The theme for this year is "Seasons of Giving Around the World." Please join us for one of these two luncheon events:

- Verde Campus: Friday, December 14 at noon in building M-137.
- Prescott Campus: Monday, December 17 at 11:00am in building 19-147.

Our service project this year is collecting toys for children ages birth through 12 years old. All gifts must be unwrapped. Please be on the lookout for the collection bins, which will be located throughout our YC campuses. If you have any questions regarding the toy drive, please contact Katherine at ext. 2008.



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## YCSA Committees 2018

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*Jane Hersh, Co-Chair*

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*Katherine Anderson, Chair*

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*Linda Brannock, Chair*

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Newsletter

Social/Community Service (SCS)

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## YCSA Board 2018

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