The President’s Corner

Every year, WWCC joins Whitman College and Walla Walla University at the annual Chamber of Commerce Award Banquet to honor one of our own as a Community Service Award recipient—and this year that person is Jim Peterson!

Our selection committee made an excellent choice in Jim, a 36-year WWCC employee who began as an ag and economics instructor in 1972, then assumed responsibility for coordinating vocational programs. He was appointed as Director of Occupational Education, assumed responsibility for planning and managing capital projects, and then was named VP of Administrative Services in 1988–20 years ago!

Jim has participated and served as president of many statewide educational associations, but his concern for the community and its many worthwhile projects are an especially important aspect of Jim’s personal side. Currently the president of the Walla Walla Exchange Club, he has also been president and treasurer of the Chamber, was a founding member and VP of the Blue Mountain Land Trust (currently an active board member), served on the WWSD Facility Planning Committee, serves on the YWCA Facility Committee, and is a member of the Eastgate Business Coalition. Other active memberships have included the Lillie Rice Center, Camp Fire and Little League where he coached for 10 years and then umpired for many more years.

Jim and his wife Carol raised two daughters, Inge and Erin, and they’re totally in love with granddaughter Elena. The whole family is sports oriented!

Jim’s family also spends hours on volunteer community work. He has bragged to me about Carol helping start WWCC softball in 1994 and 1995. She’s also spent many years as a Little League and Senior League softball coach and has been a volunteer assistant coach for WaHi softball for the last eight years.

But we all know her volunteer work with local cancer organizations has been an important focus. She met individually with 50+ diagnosed breast cancer patients and coached them under the Reach to Recovery program. She continues coaching many cancer patients today. She’s raised funds for both the Breast Cancer Fund and the Cancer Community Care Program and has cycled in the Mt. Hood, Alaska, Oregon coast and Arizona Rides.

So like I said earlier, we have selected a great colleague and friend to represent WWCC next week.

Congratulations, Jim!

30th Issue Today!!

Just about 13 months ago--on September 24, 2007--the first issue of The Insider was published. Thirty issues later, we’re still trying to cover the newsy items that you might want to read.

It’s your newsletter so keep us in the loop when you have something that you want or need to communicate with others. Send information to cathy.nelson@wwcc.edu.
Loren Hajduk, Counselor/Instructionr, Student Development Center

Loren is a native Californian born in San Bernardino while his father was stationed at Norton AFB during WWII. After a year, they moved to Sarasota, FL and a year after that when his dad was released from active duty, the family moved back to Cleveland.

"I spent the next 13 years there attending both a Catholic grade school and then an all male Catholic high school," Loren says. "The good brothers and priests helped me decide I had a "calling" and so I spent my junior and senior year of high school in a seminary in New York State. That accounts for my social ineptitude. But I quit after graduation and went to a Catholic college, the University of Dayton. I tried to make up for those "lost" years in the seminary and consequently flunked out after three semesters. They had tried to get rid of me earlier when I got a Mohawk haircut and they told me to shave it or go home (after all it was 1961). I shaved it rather than face my mother's wrath."

With no real prospects after that, Loren joined the Marine Corps. "I started as a Private at Parris Island, SC and retired as a Captain. I lived all over the United States, spent several years in Japan and one thirteen month tour in the lovely republic of Vietnam. I arrived there on Christmas Eve 1967 and left in January of 1969. Marines always did 13 month tours of duty. I earned a Bronze Star and a bunch of other medals which with five bucks will get me a cup of coffee at Starbucks. Most of my service was spent as an air traffic controller. I did finally get my bachelor's degree (I was on the 17 year plan) and a master's degree. I had done some work on a Marine base in the substance abuse field and then spent my last two years in charge of a small substance abuse office. That was really different after being the Officer-in-Charge of an 80 man air traffic control group. I spent much of my time at bases close to beaches (including two tours equaling seven years in Hawaii)."

In typical Loren fashion, he notes, "I've been married for over thirty-five years; just not to the same woman! I have seven children; five lovely daughters and two sons. I have nine grandchildren spread from Oahu, HI to Pottatch, ID. My oldest son joined the Marines after high school and fought in both the first Gulf War and later in Somalia. My youngest daughter lives here in Walla Walla and divide their time between their mother and me. One is a fulltime running start student who has just moved out on her own - except for eating at my house - and the youngest is a sophomore at WASH.""When I retired from the Marine Corps I thought I would settle down. As it turned out Reagan had just changed some Federal laws and I was too old to play with airplanes in civilian life. Since I had some alcohol and other drug counseling experience I decided that was where I'd work. I did that exclusively until I came to Walla Walla Community College in 1991 and worked on a substance abuse prevention grant. I went to Peninsula College after that and did the same grant. Then it was off to Lewis Clark State College in Lewiston, ID where I served as the Director of Student Life for four years and worked with Chad Miltenburger, their assistant baseball coach. Finally I came back to Walla Walla Community College in 2000. I thank the Big Kahuna on a daily basis for all I've been given and I'm quite content to be where I'm at in life. I don't have a "bucket list" since I don't figure I'm old enough for one.

"I couldn't begin to tell you my favorite movie. I have Netflix and watch quite a few movies but rarely watch any TV. Big Trouble in Little China stands out as one of my favorites. I love Kurt Russell and Jack Nicholson in comedies. But I'll watch just about any movie other than horror or sci-fi. I usually have two books going and like mysteries. I've read all of the Sue Grafton novels up to "S" and all of Tony Hillerman's novels at least twice.

"I spend spare time doing things with my daughters - plays and athletic events here at the college and high school, movies, shopping, cooking, whatever they want. They keep me grounded and are constantly telling me I'm not as funny as I think I am. Well at least that has stopped since I won the diamond earrings at Entwine this year and haven't said who might eventually get them. I love to golf and have been doing so for over 50 years - I've just never gotten any better but I'm out for the fun and don't really care. I fish and recently started bird hunting again; more for the exercise than the birds. I really enjoy cooking for family and friends because they always tell me how good it is."

And anyone who's partaken of Loren's crepes knows what a great cook he is!

**From Loren's Kitchen to Yours**...

**BEAN DIP**

Loren says most of his stuff doesn't have precise measurements but one easy one is a bean dip that is pretty good. You mix one big can of Nalley's chili with one large or two small cans of crushed tamales, one to two small cans of chopped, roasted chilies and a ton of cheddar cheese. Just throw it all in a crock pot if you have time or microwave it if you're in a hurry.

Serve hot with your favorite tortilla chips. My girls like it for a meal when I put fried hamburger into the mixture.
Kudos to . . .

. . . Dan Ferguson, ABE/GED/Psychology instructor at Ahtanum View Correctional Complex. Dan presented a paper entitled “Criminology 101: For the Correctional Educator,” at the Correctional Education Association Region VI Annual Conference in Vancouver, WA. In addition to presenting, Dan also assisted with the planning of the conference as the President-elect of the Washington Correctional Education Association.

. . . Weight Watchers at Work members who lost a total of 13.9 pounds at their October 29 meeting. The group still meets on Wednesdays at noon in the back dining room, and new members are always welcome (cost will be prorated).

. . . Mike Levens who was inducted into the Whitman College Football Hall of Fame recently. A 1971 graduate, one of his greatest collegiate games came during 1969 when he rushed for 171 yards and scored a NWC-record five touchdowns in Whitman’s rousing 60-7 victory at Willamette. He also received a try-out from the Dallas Cowboys in 1971 and was one of the last rookies to be cut. Congratulations, Mike!

Wellness at Work

Put the Freeze on Job Burnout

Avoiding job burnout is helped by understanding how it progresses and adversely affects your vigor and energy. Like the onset of hypothermia in cold weather, burnout creeps up slowly as you struggle to adapt to increasing stress associated with work overload.

Guard against burnout by adding simple strategies to your prevention regime before you begin to feel the onset of burnout’s effects:

- Find start points and end points between job tasks so you get breaks, even if they are short. This helps prevent serial tasks without letup in stress or “chain tasking.”
- Think delegation. What can you give away?
- Avoid a work cycle characterized by only commuting, working, sleeping, eating, and repeating. Create a “third leg” of activity unrelated to work to balance your day.
- Make “overwhelmed” a destination you refuse to reach. Become an expert at living by one master to-do list.

(from FrontLine Employee, October 2008 issue)

GOOD NEWS!

An update from Lisa Rasmussen about her mother:

“The CT scan for Jo Anne showed that the cancer has reduced in size significantly! The blood work is good, the CA 125 is the main test we have been watching. The number is 30 now, and 35 is normal. WE will get another blood test at the end of December. Then we will keep watching the blood work, if the number goes up, then we discuss more treatment, BUT WE ARE GOOD FOR NOW!!”

New Program Takes Shape

A new program providing the fundamentals of carpentry started October 27 in partnership with WorkSource Walla Walla and Blue Mountain Action Council. The six to nine month program provides students the basic carpentry knowledge to prepare them as a carpenter’s assistant with an industry specialized endorsement.

Students learn in a hands-on environment at the Craik building under the direction of instructor Dave Dahlin. Skills learned include:

- Construction materials
- Carpentry tools and safe operation of them
- Environmental modification
- Weatherization
- Remodel/repair of houses and buildings

Classes will be broken into five week sessions and will be held Monday through Thursday from 11 a.m. to 4:30 p.m. for a total of 30 hours per week. Skills learned will facilitate the student’s job seeking process.

For more information, contact Billie Jean Brown at WorkSource Walla Walla, 526.8246.

Another Request

Marketing and Communications has been given the task of maintaining the website calendar, but that requires your help. When we begin this ongoing project, we’ll need you to provide dates that should be noted for students, staff and the general community.

Starting today, please let us know about your meetings, special activities, and any other event that should be listed on our website. Dates and events with details can be e-mailed to cathy.nelson@wwcc.edu or call 4571.

Thanks for your help.