



Administration & Business Affairs

[Sac State Home](#)    [ABA Home](#)    [Recognition Program](#)    [Appreciation Blog](#)



# FOCUS

SUPPORTING STAFF PROFESSIONALISM AND SUCCESS  
VOL. 11 | ISSUE 1 | Summer 2017



### ABA Off the Clock

ABA Off the Clock returns to The FOCUS Newsletter! Here, ABA employees share some of their favorite pastimes, hobbies, and activities outside of work.

You might be surprised to read some about some of the things your colleagues are up to...off the clock! [Read more.](#)

### Awards & Recognition



On June 1st, ABA held its annual Spring Social at the Scottish Rite Temple near Sacramento State. This year's event also featured the announcement and presentation of the 2017 ABA Staff Recognition Program.

[Read more.](#)

### ABA News



Recently, ABA rebranded the "Thank-You blog" and has launched the new "ABA Appreciation Blog." This blog is meant as a way for staff to recognize employees for their outstanding contributions, teamwork...[read more.](#)

### Green News



Last May, Sacramento State joined the greater Sacramento Region in it's annual "May is Bike Month" campaign, and many participants included ABA staff.



### Special Summer Message from the VP

For those of you who have either worked with Mike Lee or experienced one of his inspiring speeches at an all staff professional meeting, you know that he cares deeply about his staff, his

division and Sacramento State, in general. [Read more.](#)

- Front Page
- ABA News
- Awards & Recognition
- Green News
- Made At Sac State
- Message From The VP
- New Faces & Farewells
- Off The Clock
- Recipients In ABA
- Staff Spotlight
- Summer Fun
- Printable Copy

ABA FOCUS  
Is Published By The  
Administration & Business  
Affairs  
Office Of Strategic Planning &  
Quality Improvement

California State University,  
Sacramento

PRESIDENT  
Robert Nelsen

VICE PRESIDENT/CFO  
Ming Tung "Mike" Lee

EDITOR  
Elisa Chohan  
Andrew Stiffler

WEB EDITORS  
Andrew Stiffler

WRITERS  
Elisa Chohan  
Susan Colley-Monk  
Don Nahhas  
Andrew Stiffler

PHOTOGRAPHY  
Bruce Clarke  
Don Nahhas

[Read more.](#)

## Staff Spotlight - Tania Nunez

Andrew Stiffler

### Made at Sac State



Administration and Business Affairs is proud to have sixty-five staff members who are Made at Sac State.

In an effort to highlight some of our great Made at Sac State team members...[read more.](#)



You would have had to be living under a rock not to notice all of the construction happening on campus this summer. From the north end of campus and the parking structure V project, to the new River View residential housing to the groundbreaking of Science II and the University Union expansion in the center of campus – we are growing! Administration and Business Affairs is...[read more.](#)



### Summer Fun

Within ABA are employees who understand that, in addition to a strong work ethic, a healthy work-life balance is important. The summer brings sunny skies, warm weather and, for many, family vacations as well as recreational activities.

We gave ABA employees the opportunity to share their exciting summer plans and activities. Here is what they were up to this summer! [Read more.](#)



CALIFORNIA STATE UNIVERSITY, SACRAMENTO  
6000 J Street  
Sacramento, CA 95819  
(916) 278 - 6011

[Comments & Questions](#)   [A to Z Index](#)   [Accessibility](#)



Administration & Business Affairs

Sac State Home   ABA Home   Recognition Program   Appreciation Blog



FOCUS   SUPPORTING STAFF PROFESSIONALISM AND SUCCESS  
VOL. 11 | ISSUE 1 | Summer 2017

ABA NEWS

ABA Appreciates - New Take on Existing Tool to Recognize Staff



Recently, ABA rebranded the "Thank-You blog" and has launched the new "ABA Appreciation Blog." This blog is meant as a way for staff to recognize employees for their outstanding contributions, teamwork, or other noteworthy effort. Whether a colleague helped you with a difficult project, or just made your day more positive, the ABA Appreciation Blog is a great way to let those employees know that you appreciate their efforts.

Your kind words spread far! Every submission to the Appreciation Blog is forwarded to the recipient to let them know how much they are appreciated. Visit the [ABA Appreciation Blog](#)!



Josh's Heart Update

*Don Nahhas, administrative support coordinator II for the Environmental Health & Safety office, provided The FOCUS with the following update to his earlier piece regarding the charity named after his son.*

Since we began Josh's Heart, Inc. in October 2016, we have continued our Blessing Backpack drive for the summer of 2017. With the help of so many people, we have successfully created 100 Blessing Backpacks for our community. We will not stop there! Our goal is 200 for the summer - only 100 more to go.

Some of the highlights for this year so far have been, Sacramento State's United Staff Assembly giving us an opportunity to have a table at the staff picnic in June, and sending out an email for people to donate. We received several bags of goodies and supplies, cash donations and PayPal donations. Herky even showed us some love!.

Rex Moore Electrical Contractors and Engineers provided their work/classroom for our assembly night as well as around 15 of their employees. With help from them and other volunteers, we were able to assemble 100 Blessing Backpacks in record time, just one and a half hours!

Several families came out to distribute the Blessed

Front Page

[ABA News](#)

Awards & Recognition

Green News

Made At Sac State

Message From The VP

New Faces & Farewells

Off The Clock

Recipies In ABA

Staff Spotlight

Summer Fun

Printable Copy

ABA FOCUS  
Is Published By The  
Administration & Business  
Affairs  
Office Of Strategic Planning &  
Quality Improvement

California State University,  
Sacramento

PRESIDENT  
Robert Nelsen

VICE PRESIDENT/CFO  
Ming Tung "Mike" Lee

EDITOR  
Elisa Chohan  
Andrew Stiffler

WEB EDITORS  
Andrew Stiffler

WRITERS  
Elisa Chohan  
Susan Colley-Monk  
Don Nahhas  
Andrew Stiffler

PHOTOGRAPHY  
Bruce Clarke  
Don Nahhas



Backpacks to our community. Here is what a couple of our volunteers had to say about their experience, "We just gave away two of the backpacks. Maya and Elijah, her children, are so happy. Maya said she has never felt so happy. By giving us those backpacks to bless homeless you have really blessed our family. The kids definitely want to go to the next backpack give away."

"I struggled to get through today, just being tired and wanting to get home. After work, I had committed a week ago to volunteer for a charity, Josh's Heart, putting together Blessing Backpacks for the homeless, and suddenly all those feelings of being tired and not wanting to do anything went away. This lifted my spirit and



brought life in me knowing I was doing something good for others when all I wanted to do was go home and rest. It was great being able to help."

Without the help of our friends, family and community, we would not be able to bless those less fortunate. Thank you Horner family for your gifts and donations to help us keep our son's memory alive.

Future projects: Once we complete the summer drive, we will continue to work on our Fall Blessing Backpack drive. Our goal is 200 blessing backpacks. We are also working with two couples and our church to put together Blessing Lunches to be distributed on



Thanksgiving morning.

Blue Lamp is planning a benefit concert, as well as a Comedy Night with the proceeds going to Josh's Heart. Details will be posted on our website <http://joshshheart.org> and Facebook page <https://www.facebook.com/joshmooresheart>.

My wife, Dawn and my older daughter, Brittany are working on two educational components for the fall. The first, by Brittany, is to speak to high school and college students about the effects of "the first" drink and binge drinking, and how it can lead to addiction and how that addiction affects your body, life choices, friends and family. The second, by Dawn, is to speak to those who are addicted, as well as their families, on the how it is to watch someone you love go through the addiction and ultimately lose their life to it. She will also offer resources for those who want to get out of this vicious cycle.

## Family Feud Win Results in Pizza Party

We hope you heard about all of the fun we had at our last All Staff Professionals meeting on April 4, 2017. We played a fun game of Family Feud and the table with the most points received a special prize. The fine men of the grounds team celebrated their victory with a pizza party. Thank you for participating!

Grounds Keeping Team: Dale Knorr, Johnathan Davis, Luis Sanchez, Larry Rich, Doug Edens, Matt Perrin, Edward Woodbury, Chardik Teves





Administration & Business Affairs

Sac State Home    ABA Home    Recognition Program    Appreciation Blog



ABA AWARDS & RECOGNITION



Celebrate our ABA Recognition Program 2017 Recipients!

On June 1st, ABA held its annual Spring Social at the Scottish Rite Temple near Sacramento State. This year's event also featured the announcement and presentation of the 2017 ABA Staff Recognition Program.

ABA's annual recognition program allows staff and managers to recognize the work of their colleagues, through staff peer-to-peer, management peer-to-peer, valued staff, and team awards.

Photos of all of the awardees are now available online! [View and celebrate your colleagues' accomplishments!](#)

- Front Page
- ABA News
- [Awards & Recognition](#)
- Green News
- Made At Sac State
- Message From The VP
- New Faces & Farewells
- Off The Clock
- Recipients In ABA
- Staff Spotlight
- Summer Fun
- Printable Copy

Facilities Management Recognizes Monthly Best



May 2017 - Sarah Raczkowski

"Sarah has contributed a lot to our department since her start nine months ago. She has hit the ground running and takes on any and all projects given to her. She consistently delivers high quantity and high quality work. Sarah is positive and helpful when approached by staff for assistance with something. She can take on any challenge, is a genuinely nice person, and a great addition to Facilities Management!"

June 2017 - Becky Watkins

Becky is very valuable to Facilities Management. She coordinates contracts for outside moving companies, for window blind cleaning contractors, and is the link between our in-house Aim system and Public Works projects. She takes on all work asked of her with competency and a smile. We are very appreciative of her hard work, dedication and positive attitude. Well done Becky!"



ABA FOCUS  
Is Published By The  
Administration & Business  
Affairs  
Office Of Strategic Planning &  
Quality Improvement  
  
California State University,  
Sacramento  
  
PRESIDENT  
Robert Nelsen  
  
VICE PRESIDENT/CFO  
Ming Tung "Mike" Lee  
  
EDITOR  
Elisa Chohan  
Andrew Stiffler  
  
WEB EDITORS  
Andrew Stiffler  
  
WRITERS  
Elisa Chohan  
Susan Colley-Monk  
Don Nahhas  
Andrew Stiffler  
  
PHOTOGRAPHY  
Bruce Clarke  
Don Nahhas

## Public Safety Awards Employee and Student of the Quarter



**Employee of the Quarter, 4th Quarter 2017 - Nathan Rice**

"Officer Nathan Rice is the department's Community Outreach Officer and Residence Hall Liaison Officer. He has been extremely active establishing great relationships with the staff at Student Housing and various student advocacy groups such as PRIDE, CAMP, and the University's Multi-Cultural Center. He is also the department's point of contact for MADD, regional POP officers' network, and the Sacramento Crime Stoppers. Through these relationships, Officer Rice acts as a conduit to provide public safety information and resources to the campus community. Officer Rice's contribution to the safety of the campus community cannot be overstated."

**Student of the Quarter, 4th Quarter 2017 - Kyle Wiegman**

"CSO Corporal Kyle Wiegman is a hardworking and dedicated student-employee. He assisted in the planning and coordination of the CSO bike training Course recently. He is always on alert for criminal elements whether he is on or off duty. He is able to assist officers when needed without being prompted. Kyle also stepped up and helped train the new CSOs while fulfilling his patrol responsibilities and working the orientation table. His contribution and commitment to the CSO program makes him a worthy recipient of the Student of the Quarter honor."



CALIFORNIA STATE UNIVERSITY, SACRAMENTO  
6000 J Street  
Sacramento, CA 95819  
(916) 278 - 6011

[Comments & Questions](#)   [A to Z Index](#)   [Accessibility](#)







Administration & Business Affairs

[Sac State Home](#) [ABA Home](#) [Recognition Program](#) [Appreciation Blog](#)



FOCUS SUPPORTING STAFF PROFESSIONALISM AND SUCCESS  
VOL. 11 | ISSUE 1 | Summer 2017

GREEN NEWS



May is Bike Month Sets the Pace!

Last May, Sacramento State joined the greater Sacramento Region in it's annual "May is Bike Month" campaign, with participants including ABA staff.

As their website states "the focus of our campaign is to promote bicycle use as a mode of transportation whether for running errands, commuting, riding recreationally, or working." Jeanie Krieger, business intelligence analyst within University Transportation & Parking Services echoed many of the same ideals: "May is Bike Month promotes our participants to use alternative transportation, helps reduce parking congestion, improves air quality, and is a healthy activity."

Every year, participants throughout the six regions of Sacramento come from varied professions to track their miles that would have otherwise been spent driving. Employees from Intel, HP, state agencies, and local universities all participate. Several notable ABA employees that participated this year include Daryn Ockey, Director of Facility Operations; Justin Reginato, Associate Vice President of Facilities Management; Grant Watkins, Administrative Analyst/Specialist; and Kendal Chaney-Buttleman, University Controller.

This year, Sacramento state rode 7,890.7 miles, replacing over 5,888.6 equivalent commuter/errand miles, accumulated by all students, faculty, and staff.

Who set the pace this year? That honor goes to Daryn Ockey who logged a blistering 24.6 miles during the month of May, which placed him first among all ABA participants, second among all Sacramento State participants, and 236th among all participants in the Sacramento region, which had over 1700 participants overall. Daryn shared why he enjoys riding his bicycle: "It is the best part of my day. I have always thought sunrise and sunset are the nicest times of the day, and much of the year I get to enjoy them on my way to and fro."

"It really cuts down my commute time," said Kendal Chaney-Buttleman, participating for the first time this year. "I normally walk to work and that takes over 45 minutes. My bike commute only takes 20-25. Also, in order to avoid riding on busy streets and through campus, I take the long way around so I get to ride on the levee along the river. That is a beautiful sight every morning and evening!"

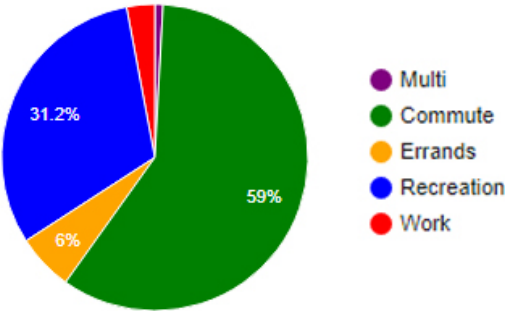
Daryn Ockey echoed these sentiments "I always commute by bicycle to work anyway, so getting



- [Front Page](#)
- [ABA News](#)
- [Awards & Recognition](#)
- [Green News](#)
- [Made At Sac State](#)
- [Message From The VP](#)
- [New Faces & Farewells](#)
- [Off The Clock](#)
- [Recipies In ABA](#)
- [Staff Spotlight](#)
- [Summer Fun](#)
- [Printable Copy](#)

ABA FOCUS  
Is Published By The  
Administration & Business  
Affairs  
Office Of Strategic Planning &  
Quality Improvement  
  
California State University,  
Sacramento  
  
PRESIDENT  
Robert Nelsen  
  
VICE PRESIDENT/CFO  
Ming Tung "Mike" Lee  
  
EDITOR  
Elisa Chohan  
Andrew Stiffler  
  
WEB EDITORS  
Andrew Stiffler  
  
WRITERS  
Elisa Chohan  
Susan Colley-Monk  
Don Nahhas  
Andrew Stiffler  
  
PHOTOGRAPHY  
Bruce Clarke  
Don Nahhas

MILEAGE BREAKDOWN



involved in this is a way to encourage others, snap up some swag, and get in shape for the summer!"

The campaign kicked off in early May of this year, where booths from Sac State Sustainability and Peak Adventures were on hand to provide information, and hand out promotional items. The chart to the left shows the type of miles replaced, which serves a great reminder to bike whenever possible. "For anyone even remotely interested, I encourage them to participate in the event, as it helps to minimize their carbon footprint, get fresh air, and exercise outdoors," said Grant.

Andrew Stiffler

A big thank you to everyone who participated and helped spread awareness of this campaign. If you would like to learn more, visit their website at: <https://mayisbikemonth.com/index1.php>. It's never too early to get started!



CALIFORNIA STATE UNIVERSITY, SACRAMENTO  
6000 J Street  
Sacramento, CA 95819  
(916) 278 - 6011

[Comments & Questions](#)   [A to Z Index](#)   [Accessibility](#)







Administration & Business Affairs

[Sac State Home](#) [ABA Home](#) [Recognition Program](#) [Appreciation Blog](#)



MADE AT SAC STATE

ABA Staff who are Made at Sac State



Administration and Business Affairs is proud to have sixty-five staff members who are Made at Sac State.

In an effort to highlight some of our great Made at Sac State team members in ABA, SPQI sat down with a dynamic Made at Sac State team in Facilities Management, Planning, Design, and Construction, Project Manager Todd McComb, and designers Thomas "TJ" Moon and Grant Watkins.

When did you graduate from Sac State?

**Thomas Moon:** 2003

**Grant Watkins:** 2014

**Todd McComb:** 2009

What was your major?

**Thomas Moon:** Bachelor of Arts degree in interior design

**Grant Watkins:** Bachelor of Arts degree in interior design with a concentration in interior architecture

**Todd McComb:** Bachelor of Science degree in mechanical engineering

Any unique aspect of your family Made at Sac State?

**Thomas Moon:** My sister also graduated from Sac State

**Grant Watkins:** I am the only Sac State graduate in my family.

- [Front Page](#)
- [ABA News](#)
- [Awards & Recognition](#)
- [Green News](#)
- [Made At Sac State](#)
- [Message From The VP](#)
- [New Faces & Farewells](#)
- [Off The Clock](#)
- [Recipients In ABA](#)
- [Staff Spotlight](#)
- [Summer Fun](#)
- [Printable Copy](#)

ABA FOCUS  
Is Published By The  
Administration & Business  
Affairs  
Office Of Strategic Planning &  
Quality Improvement

California State University,  
Sacramento

PRESIDENT  
Robert Nelsen

VICE PRESIDENT/CFO  
Ming Tung "Mike" Lee

EDITOR  
Elisa Chohan  
Andrew Stiffler

WEB EDITORS  
Andrew Stiffler

WRITERS  
Elisa Chohan  
Susan Colley-Monk  
Don Nahhas  
Andrew Stiffler

PHOTOGRAPHY  
Bruce Clarke  
Don Nahhas

**Todd McComb:** It took me 22 years at one class a semester, sometimes two classes a semester, to get my 4-year degree. Definitely not ‘Finish in Four’, but there is no way 4 years would have worked for my situation.

**What makes you the most proud to be Made at Sac State?**

**Thomas Moon:** Graduating from a very tough Interior Design Program

**Grant Watkins:** I am grateful for the valuable education I learned at the University, without having to attend a private institution. The skills I learned in the program greatly helped to prepare me for the outside work force.

**Todd McComb:** My wife graduated from CSU, Sacramento and we can now both serve as role models to our two children. Austin will be graduating from CSU, Chico next year with a degree in communications, minor in business. He is already employed at the television news station up in Chico. Alexxa graduated from CSU, Chico last year with a degree in health administration, minor in business and works as a health technician for El Dorado County.



Administration & Business Affairs

[Sac State Home](#) [ABA Home](#) [Recognition Program](#) [Appreciation Blog](#)



SPECIAL SUMMER MESSAGE FROM THE VP



Special Summer Message from the VP

*Traditionally, the FOCUS Newsletter provided an opportunity for the Vice President/CFO to relay a message to staff that focuses on a specific objective or theme of the season. This summer, we decided to change it up a bit and interview Dr. Ming-Ting "Mike" Lee about something that is near and dear to him, happiness.*

For those of you who have either worked with Mike Lee or experienced one of his inspiring speeches at an all-staff professional meeting, you know that he cares deeply about his staff, the division of ABA, and Sacramento State, in general. He supports student success in a multitude of ways, taking on the interim provost position for over a year and adding over a thousand sections for students to raise Sacramento State's graduation rate. His accomplishments are abounding, but if you ask him, one of his greatest accomplishments is having such a great team of ABA employees. More specifically, leading a healthy and happy workforce. He has tried, throughout his tenure, to promote employee engagement and happiness. As he puts it, "I want my team to know that I value a work-life balance personally, and want them to value it as well."

Mike's work-life balance permeates in his passion for reading and learning, after all, he is a professor at heart. His most recent interest in the world of literature and research is in the psychology of happiness. He has learned that, "the study of psychology is extensive and complex, just like the human brain. However, we tend to focus our study on the negative aspects of the brain, like depression, anxiety. We should be focusing more on the study of happiness." Many researchers have Mike's exact sentiment and the study of happiness is becoming a more mainstream topic of study. One such study, the longest and most extensive of its kind was conducted by Harvard University over the last 80 years. The longitudinal study, called the Grant study, followed 268 Harvard sophomores in 1938, collecting data regarding their health and happiness over the course of their lives. The study has expanded over the years with the expansion of the controls, such as the addition of the original participants' wives and children. Needless to say, the data is vast and expansive. The researchers found the following conclusions to lead a healthier and happier life you should 1) focus on building good relationships 2) make sure you are contributing something to someone 3) do more of what you are good at and less of what you are not so good at 4) take care of yourself, your health and well-being, financially, physically and emotionally. This last point is especially important to Mike and something he hopes his staff focuses on as well.

Mike knows that self-care is one of the first things that we all forgot about when we are overworked and stressed out. It even happens to him sometimes and he has to reevaluate his balance. As he puts it, "we all deal with highly important, sometimes stressful situations, where we are focusing on caring for others. We have to stop and take care of ourselves too." One way that Mike takes care of himself is through his favorite hobby, cooking. Cooking is something that makes Mike happy, he truly enjoys the art of cooking, including every aspect of the cooking process. "I love going to the farmer's market to pick my produce. I love the idea of farm to fork." You might catch Mike at the downtown farmer's market any given Sunday,

- [Front Page](#)
- [ABA News](#)
- [Awards & Recognition](#)
- [Green News](#)
- [Made At Sac State](#)
- [Message From The VP](#)
- [New Faces & Farewells](#)
- [Off The Clock](#)
- [Recipients In ABA](#)
- [Staff Spotlight](#)
- [Summer Fun](#)
- [Printable Copy](#)

ABA FOCUS  
Is Published By The  
Administration & Business  
Affairs  
Office Of Strategic Planning &  
Quality Improvement  
  
California State University,  
Sacramento  
  
PRESIDENT  
Robert Nelsen  
  
VICE PRESIDENT/CFO  
Ming Tung "Mike" Lee  
  
EDITOR  
Elisa Chohan  
Andrew Stiffler  
  
WEB EDITORS  
Andrew Stiffler  
  
WRITERS  
Elisa Chohan  
Susan Colley-Monk  
Don Nahhas  
Andrew Stiffler  
  
PHOTOGRAPHY  
Bruce Clarke  
Don Nahhas



especially in the summer when heirloom tomatoes are in season. One of Mike's favorite recipes is simply taking a vine ripe heirloom tomato, slicing it in half and then dosing it with olive oil, salt, pepper and basil. "It is the perfect summer dish because all of your ingredients are fresh." As Mike reminds us, "we have such great opportunities in California because we have such great fresh food. The abundance of fresh and local food is great in the season that it is offered."



Buying the food at the local market is only the beginning of the cooking experience that Mike enjoys. The next best thing is the preparation of purchasing the food by studying the culture and season of the food he is going to cook. "I love studying the cuisine, the people and the culture. By learning about their food, you learn so much about them – you can expand your worldview." Mike has recently studied several world cuisines and has gained great insights.

One of the current cuisines that Mike is especially interested in is Cajun food. He looks at New Orleans, Louisiana as a great source for inspiration with both culture and food. Like any issue that comes across Mike's desk at work, he dove right in to learn all of the important aspects. He learned about the French and Creole influences on the food through studying the history and culture of New Orleans. Evidence of the Cajun influence in Mike's cooking is visible in a family favorite dish, a crawfish boil. He loves getting the best quality and freshest crawfish, putting them in a huge boil and then gathering his entire family around a large picnic table in his backyard. He places newspaper on the table and throws the crawfish on the table for all to eat. Mike describes it as, "a great experience sharing fresh food with family and watching each member enjoy the delicious fish – that brings me a lot of happiness."

Another cuisine that Mike is especially interested in is Japanese fare. The trick to Japanese cuisine, according to Mike, is getting seasonal ingredients that are as fresh as possible. One of Mike's favorite types of Japanese food is sashimi, which is raw fish without rice, much like sushi. The trick with this type of food is to limit the amount of human touch to as little as possible. The best way to ensure that is preparing the food yourself and having the right tools to do so. Mike has an extensive knife collection that help him cut the most beautiful cuts of fish. As he puts it, "good tools make any job easier."

Many of us probably see the food preparation process as labor intensive. With mounting work and family responsibilities, most of us want whatever is the easiest and fastest after work when you are exhausted. It might be surprising, but Mike would agree. That is why he does most of his food preparation and planning on the weekends. He and his wife also divide and conquer in the actual cooking responsibilities. He cooks mostly on the weekends and his wife prepares the meals during the week. Together, they proudly eat nearly 95% of all their food at home and prepare it themselves. They have been successful in making freshly prepared food a high priority for their family, that they avoid restaurants for the most part, even while on vacation. They plan ahead and make arrangements that meet their needs with a kitchen and local farmer's markets. Mike will even incorporate the local culture and food of where they are vacationing so it becomes a learning opportunity for him and his family.

Overall, Mike likes to believe he has become more open in trying new things by connecting different cuisines to different cultures. However, the bigger message is really about finding something that makes you happy outside of work and really spending the time to refine it and make it your own. Perhaps you have a hobby but never get around to it, perhaps you had a hobby years ago but life has taken control preventing you from focusing on it, or perhaps you never built the capacity for a hobby. Mike says, "Take this opportunity to think out your work-life balance and what brings you happiness. Consider making the space for something special that brings you joy and hang onto it." We can all agree that it is always best to slow down and think about your capacity for balance and building the space for happiness outside of work.

**Sources:**

<http://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>

<https://www.forbes.com/sites/georgebradt/2015/05/27/the-secret-of-happiness-revealed-by-harvard-study/#5d6443006786>

Andrew Stiffler



## Administration & Business Affairs

[Sac State Home](#) [ABA Home](#) [Recognition Program](#) [Appreciation Blog](#)



# FOCUS

SUPPORTING STAFF PROFESSIONALISM AND SUCCESS  
VOL. 11 | ISSUE 1 | Summer 2017

### NEW FACES AND FAREWELLS

#### New Faces

*ABA welcomes the following new staff professionals to the division. These new hires fill critical positions, and we welcome them to the ABA family.*



**See Her**  
Administrative Support Assistant  
Financial Services



**Nikki Khamsouksay**  
Manager of Business Administration  
Police Department



**Baron Marsh**  
Information Technology Consultant  
Facilities Management



**Brian Morphis**  
Administrator I  
Facilities Management



**Gary Rosenblum**  
Senior Director  
Risk Management Services



**Matthew Smith**  
Supervising Metal Worker  
Facilities Management

- [Front Page](#)
- [ABA News](#)
- [Awards & Recognition](#)
- [Green News](#)
- [Made At Sac State](#)
- [Message From The VP](#)
- [New Faces & Farewells](#)
- [Off The Clock](#)
- [Recipients In ABA](#)
- [Staff Spotlight](#)
- [Summer Fun](#)
- [Printable Copy](#)

ABA FOCUS  
Is Published By The  
Administration & Business  
Affairs  
Office Of Strategic Planning &  
Quality Improvement  
  
California State University,  
Sacramento  
  
PRESIDENT  
Robert Nelsen  
  
VICE PRESIDENT/CFO  
Ming Tung "Mike" Lee  
  
EDITOR  
Elisa Chohan  
Andrew Stiffler  
  
WEB EDITORS  
Andrew Stiffler  
  
WRITERS  
Elisa Chohan  
Susan Colley-Monk  
Don Nahhas  
Andrew Stiffler  
  
PHOTOGRAPHY  
Bruce Clarke  
Don Nahhas

Farewells

*Not Pictured: Michael Abihider, Financial Services; Lance Brewer, Facilities Management; Robin Eicher, Facilities Management; Melanie Ganotisi, Facilities Management; Eldred Stephenson, Facilities Management.*



CALIFORNIA STATE UNIVERSITY, SACRAMENTO  
6000 J Street  
Sacramento, CA 95819  
(916) 278 - 6011

[Comments & Questions](#)   [A to Z Index](#)   [Accessibility](#)







Administration & Business Affairs

[Sac State Home](#) [ABA Home](#) [Recognition Program](#) [Appreciation Blog](#)



FOCUS SUPPORTING STAFF PROFESSIONALISM AND SUCCESS  
VOL. 11 | ISSUE 1 | Summer 2017

ABA OFF THE CLOCK



Gina Curry - Golden State Throwers

If you know Gina, then you know that she has a penchant for summer activities with friends and family. One of Gina's strongest passions is for track and field, which dates back to her high school years which she participated in discus and shotput. It was a perfect match when she met her husband, Mike Curry, who either participated or coached field events his whole life. So it made sense for the two of them to take a risk in 2008 by founding their own non-profit sports club, The Golden State Throwers.

Golden State Throwers (GST), is a youth sports club that focuses

on throwing events for local kids, aged 13 to 18. The team of high schoolers travel the country as a Junior Olympics team. The typical Golden State Thrower might also participate on their high school team, but being a member of the club allows them to compete in other events, like the hammer, weight (indoor winter event) and the javelin, that are not typically showcased in the high school arena. In addition, team members have a great opportunity to be recruited by some of the best track and field university programs in the country. Which is the exact mission of the club – prepare each member to secure a scholarship to go to college. Two-time Junior Olympian national champion age 17-18 in hammer, Emelda Malm-Annan did just that. She is currently studying at University of Wyoming and an active member of their track and field team. The GST club has an 88% scholarship rate and continues to forge a unique space in the track and field arena for young people. In fact, GST is only one of two organized youth throwing teams in the nation.

Gina is a devoted fan of the GST and a tremendous support to her husband, Coach Curry. They fulfilled a dream of theirs by purchasing a 5-acre property in Galt with the vision of building a throwing facility. They currently have a hammer and disc-throwing pad and are converting their old barn for Olympic weight training. It is not without a lot of support and love that this dream could materialize. Local throwing star, Stephanie Brown-Trafton, Olympic Gold medalist, disc, 2008, donated the disc throwing pads to GST.

So far, 2017 has been a great year for the club. Eleven of the thirteen athletes qualified for nationals and ten are competing in Lawrence, Kansas later this year. It seems that the sky is the limit for Golden State Throwers and Gina will be right there supporting it all!



- [Front Page](#)
- [ABA News](#)
- [Awards & Recognition](#)
- [Green News](#)
- [Made At Sac State](#)
- [Message From The VP](#)
- [New Faces & Farewells](#)
- [Off The Clock](#)
- [Recipients In ABA](#)
- [Staff Spotlight](#)
- [Summer Fun](#)
- [Printable Copy](#)

ABA FOCUS  
Is Published By The  
Administration & Business  
Affairs  
Office Of Strategic Planning &  
Quality Improvement  
  
California State University,  
Sacramento  
  
PRESIDENT  
Robert Nelsen  
  
VICE PRESIDENT/CFO  
Ming Tung "Mike" Lee  
  
EDITOR  
Elisa Chohan  
Andrew Stiffler  
  
WEB EDITORS  
Andrew Stiffler  
  
WRITERS  
Elisa Chohan  
Susan Colley-Monk  
Don Nahhas  
Andrew Stiffler  
  
PHOTOGRAPHY  
Bruce Clarke  
Don Nahhas



## Nina Delgado - Master Crafter

Did you know Nina Delgado, space and event management analyst, is a master at crafts and DIY projects? Creating, fixing, and building things has been a part of her life since she was a child.

"I enjoy creating and working with my hands in my 'spare' time. I have created numerous items using various means; painting, crafting, woodworking, drawing, glass etching, ceramics," explains Nina.

Where creativity flows, recognition follows, and it is especially true for Nina. Every year Space Management has decorated its offices for the annual Halloween office contest. It should come as no surprise that every year Space Management has been recognized. "I enjoy the recognition we receive when we enter the Halloween contest," said Nina. "In fact we have been recognized every year we have entered the competition!" You may even remember a few of these:

- 2016: Music thru the Decades
- 2015: Western Theme
- 2014: Mount Olympus & the Underworld
- 2013: Haunted Mansion
- 2012: Pirate Theme



Nina explains the personal satisfaction she gets from crafts and DIY projects "using my hands to 'make' something; that feeling of satisfaction, of creating, of completing something, just looking at the end result/product makes me happy."

However, with satisfaction comes the burden of perfection: "the need to make things perfect, I am a bit of a perfectionist," explains Nina. "I really enjoy the planning process, I love thinking of different ways I could do something." Enjoy some of her other crafts below:



## Ryan Todd - Eye for Photography

When Ryan isn't dreaming up the next great sustainability project for the campus he is probably somewhere in the world taking beautiful photos. Ryan has been behind the camera lenses for fifteen years and in that time has been able to see some amazing places. Nowadays, his best opportunity to capture nature's beauty is while on vacation with his family. Ryan says, "we travel all over the world and I take photos as a hobby along the way." One such trip was to

Kenya for a safari in April. As Ryan puts it, photography is “relaxing - taking a photo of a beautiful place forces me to slow down and enjoy what I’m there to see.” If you know Ryan, he never slows down, so it is good to hear he has this relaxing hobby outside the hectic world of sustainability on campus.

If you would like to see more of his collection, head down to Kennedy Gallery in downtown Sacramento, four of his pieces are displayed for sale in their September "Living Wild" show. Three pieces are featured below, they are: "Horses of Tetons," "Drake Bay Sunset," and "Kenya Sunset," respectively.







## Lauren Garrett - Running

About six years ago Lauren Garrett picked up a fast paced hobby, running, and she hasn't slowed down since. While some might competitively run for recognition or awards, Lauren does it for the pure fun of it. As she put it, "the award or should I say reward is just finishing the race. Some races can be pretty grueling." If anyone has heard of Spartan Races, you know grueling is putting it lightly. According to Spartan.com, races range from the Sprint at three miles, to the Beast at eight to fourteen miles and can include up to three dozen obstacles. Obstacles include anything from crawling under barbwire to climbing ropes and walls. Sounds like fun, right? It is especially fun because Lauren has a built-in support system with her running partner, her sister-in-law. "We've ran in a bunch of

small races, couple half-marathons as well as two Spartan races."

If you see Lauren around Sacramento Hall or work with her on a budget transfer, you know she always has a smile on her face. It's no surprise that she takes her great attitude from work to play. As she puts it, "I run to stay active/healthy. It's a way for me to compete with myself and push myself to run longer and/or faster. I most likely will never win a race, however finishing is always a 'win' for me!"

## Trudy Lofing - Horticulturalist

Have you ever been to the grocery store and caught yourself admiring the beautiful orchids? Perhaps you have received one as a gift or attempted to cultivate your own. If so, it would be no surprise to say that the cultivation of the delicate orchid flower is a time consuming and labor-intensive pastime. Nonetheless, it has not stopped our very own, Trudy Lofing from laboring over her orchids for the last 20 years. She also loves gardening as well, but spends some quality time outside of work, specifically on her orchids.



As Trudy put it, "I love the beauty of nature, for relaxation, anti-stress and mental stimulation." It is a labor of love and something that she really enjoys. Thank you Trudy for sharing!



## Raul Echeverria - Golfing

For Raul, golfing is a fun pastime he enjoys with family. After playing for 3 years, Raul laments he hasn't won any competitions yet! "I haven't won any awards, but looking forward to do so."

Raul also plays on the Sacramento State Intramural Summer Golf League as well, and describes it as a lot of fun.

"Besides the golf league, I also play with colleagues/friends and family and have a lot of fun doing it," said Raul. "I enjoy playing golf especially when I see the improvements in my game!"

## John Guion - Photography

Director of Procurement & Contract Services John Guion is also a practiced photographer, having spent over 40 years on his hobby, he has been the recipient of numerous awards from various competitions.

John explains how he got into photography "I started taking up photography when I was a diver. There are always fascinating things happing underwater, coral, fish, sharks, and sunken treasures. When I wasn't able to dive any longer I started with landscapes, people, and abstracts. This hobby makes you stop and look around you to notice things that you would not notice if you did not have a camera in your hands."

Below are two of his pieces, titled "Sunset Flower," and "Shark Dive," respectively.





### Paul Serafimidis - Hawks

A few weeks ago our grounds staff found a couple of young hawks that fell out of their nest. We were in the middle of the last big heat wave so they were very concerned because they were just walking around dazed and confused and likely wouldn't have survived long without some help.

The guys put the birds in some boxes and took them to a rescue shelter. The shelter said that after the birds have been rehabilitated that we should release them where we found them because the mother would come back for them. The shelter called and told us that unfortunately one bird did not survive but the other one was doing good and ready to be released.

We picked up the bird and released it where it was found. I expected it to fly off, but it instead hopped out of the box and took off on foot and was gone in a split second.

### Frances Palu - Breaking a Leg!

Visit your local dance hall or karaoke bar on a Friday night and you might just bump into Administrative Analyst/Specialist Frances Palu! "I enjoy line dancing and can sing some country songs via karaoke at Country Clubs and family gatherings!"

In particular, the Stoney's Country Club, located on Del Paso Blvd, hosts line dancing lessons where Frances got her start. "It started off as a casual girls night out and then I got interested," said Frances. "I like that people are shocked when they see me on the dance floor in class practically looking like a pro! Because I am, and it's super fun!"

Her favorite artist to sing karaoke with? "Oooooooh! Shania Twain!" Exclaimed Frances. Break a leg Frances!



### Greg Paul - Coffee Connoisseur

Greg Paul loves coffee "a little too much," he explained. "I have been making a cup at work for a little over a year now. I belong to a coffee club and get single origin coffee from a different part of the world every two weeks. The coffee comes with a little card that describes the farm and has some tasting notes, and they all taste a little different."

Greg's desk is now fully equipped for that perfect cup: "I have all the needed tools at my desk, a grinder, a goose neck kettle for more control over the pour, a scale to get the ratio of water to coffee perfect, a pour over cone, filters, and a carafe," explains Greg.

"I love the whole process of making the perfect cup. From the smell of fresh ground coffee to the final sip. It has become a nice relaxing morning ritual that doesn't take too much time but makes my morning."







Administration & Business Affairs

[Sac State Home](#)    [ABA Home](#)    [Recognition Program](#)    [Appreciation Blog](#)



FOCUS SUPPORTING STAFF PROFESSIONALISM AND SUCCESS  
VOL. 11 | ISSUE 1 | Summer 2017

FOODIES IN ABA

In this new entry to *The FOCUS*, we sought out some of the most skilled cooks and bakers to share their most desired dishes. Below you will find multiple recipes destined to satisfy anyone. To keep with the theme of food, read Vice President Mike Lee's latest [Special Message from the VP](#), where he shares his own culinary expertise.



Kendal-Chaney Buttleman - Lemon Cream Cheese Cookies

Lemon Cream Cheese Cookies

- Adapted slightly from [Merrill Stubbs](#), Food52.com
- ½ cup (1 stick) unsalted butter, at room temperature
  - 3 ounces plain cream cheese, softened
  - 1 cup sugar
  - 1 teaspoon vanilla
  - zest from 1 lemon
  - 1 cup all-purpose flour
  - ½ teaspoon salt

Preheat the oven to 350 degrees F. In the bowl of a standing mixer fitted with the paddle attachment, cream together the butter, cream cheese and sugar until the mixture is light and fluffy, about 3 to 5 minutes. Add the lemon zest and vanilla, and mix to combine. Slowly add the flour and salt until just incorporated, then give the bowl a good scrape and the mixture a quick stir to make sure everything is mixed in.

Drop the dough into rounded tablespoons (I used a 1-inch cookie scoop) about 1 ½ inches apart on parchment-lined baking sheets. Bake for 12-14 minutes, until the edges turn a nice golden brown (Be careful not to over-bake!). Cool the cookies for a minute or so on the cookie sheet, then transfer them to a wire rack to cool completely.

- Front Page
- ABA News
- Awards & Recognition
- Green News
- Made At Sac State
- Message From The VP
- New Faces & Farewells
- Off The Clock
- [Recipies In ABA](#)
- Staff Spotlight
- Summer Fun
- Printable Copy

ABA FOCUS  
Is Published By The  
Administration & Business  
Affairs  
Office Of Strategic Planning &  
Quality Improvement  
  
California State University,  
Sacramento  
  
PRESIDENT  
Robert Nelsen  
  
VICE PRESIDENT/CFO  
Ming Tung "Mike" Lee  
  
EDITOR  
Elisa Chohan  
Andrew Stiffler  
  
WEB EDITORS  
Andrew Stiffler  
  
WRITERS  
Elisa Chohan  
Susan Colley-Monk  
Don Nahhas  
Andrew Stiffler  
  
PHOTOGRAPHY  
Bruce Clarke  
Don Nahhas

## Jessica Bush- Easy Blackberry Cobbler

### Easy Blackberry Cobbler

- 4 cups fresh or frozen blackberries (thaw frozen berries)
- 1 tbsp. lemon juice
- 1 egg
- 3/4 cup sugar (or 1/2 cup if desired)
- 1 cup flour
- 6 tbsp. melted butter

- Optional:
- Whipped cream
  - Vanilla ice cream

Preheat oven to 375. Place blackberries in lightly greased 8-inch square pan, drizzle with lemon juice.

Stir together egg, sugar, and flour until it resembles a course meal; sprinkle over fruit. Drizzle melted butter over the flour/sugar topping.

Bake at 375 for 35 minutes or until lightly browned and bubbly. Let sit for 10 minutes before serving. Can be served warm or cold, with whipped topping or ice cream.

## Jessica Bush - Key Lime Pie

### Ley Lime Pie

- 14 oz. can sweetened condensed milk
- 3 egg yolks
- 2 tsp. key lime zest (regular lime zest works)
- 1/2 cup key lime juice (regular lime juice works)
- 9 inch graham cracker piecrust

### Whipped Topping

- 1 cup whipping cream
- 3 tbsp. powdered sugar

Preheat oven to 350. Whisk together condensed milk and next 3 ingredients until well blended. Pour mixture into piecrust. Bake at 350 for 15 minutes or until pie is set. Cool completely on a wire rack (about 1 hour).

Beat whipping cream at high speed with an electric mixer 2-3 minutes or until soft peaks form, gradually adding powdered sugar. Top pie with whipped cream. Chill 1 hour before serving.

## Karen Saeteurn - General Tso’s Chicken Wings

### For the chicken wings

- 14 single chicken wings
- ¼ tsp black pepper
- 1 Tbsp Shaoxing wine (Chinese cooking wine)
- ⅔ cup cornstarch

### For the sauce

- 2 Tbsp sugar
- 1 Tbsp sambal
- 1 Tbsp soy sauce
- 3 Tbsp white vinegar
- 2 Tbsp Shaoxing wine (Chinese cooking wine)
- ¼ cup chicken stock
- 1 tsp cornstarch

For frying & stir-fry

- Frying oil
- 2 tsp chili oil with chili flakes (Lao gan ma)
- 5 to 6 dried whole Thai chilies
- 4 cloves garlic, roughly chopped



CALIFORNIA STATE UNIVERSITY, SACRAMENTO  
6000 J Street  
Sacramento, CA 95819  
(916) 278 - 6011

[Comments & Questions](#)   [A to Z Index](#)   [Accessibility](#)







## Administration & Business Affairs

[Sac State Home](#)   [ABA Home](#)   [Recognition Program](#)   [Appreciation Blog](#)



# FOCUS

SUPPORTING STAFF PROFESSIONALISM AND SUCCESS  
VOL. 11 | ISSUE 1 | Summer 2017

### STAFF SPOTLIGHT



#### Staff Spotlight with Tania Nunez

You would have had to be living under a rock not to notice all of the construction happening on campus this summer. From the north end of campus and the parking structure V project, to the new River View residential housing to the groundbreaking of Science II and the University Union expansion in the center of campus – we are growing! Administration and Business Affairs is such a diverse division that many of us feel connected to all of the great projects on campus.

However, it seems that no one is more connected than Tania Nunez (*pictured, left*). Tania is one of three project managers in ABA's Facilities Management, Planning, Design and Construction team.

She is charged with managing three of the largest construction projects currently on campus, parking structure V, the River View Residential Housing project and Science II. One might ask, how could one person possibly manage so many large projects? It turns out that Tania has a very unique skillset that has prepared her for this exact role.

Tania has been breaking down social norms for most of her life. She went into the traditionally male dominated field of architecture at University of Southern California. While there she challenged the norms of a typical finish in four mentality, and decided to pursue the rigorous five year track where she would go on to earn not just a bachelor of arts or sciences, but the coveted, Bachelor of Architecture degree. Of course she didn't stop there. She applied and was accepted into the prestigious Gamble House internship, where she was fortunate enough to be one of two fifth-year undergraduates to live at the Gamble House in Pasadena, California. During her time at the Gamble House, Tania really struck an interest in historical preservation within the field of architecture. As she put it, "living in a historical monument for a year really puts things in perspective when you consider design, convenience and history." It was this experience that led Tania to her next stop in her career, another unique scope in a broad stroke of the world of architecture.

She applied to some of the best historical preservation programs in the country and settled on Columbia University's program in New York City. Tania earned her master's degree in historical preservation and ended up staying in New York for five years. In those five years Tania honed her expertise in historical buildings, construction and design by working for the public sector. As she notes, "unlike cities in the western region of the United States, many of the old buildings in New York City house city related functions. Therefore, the public schools, community college and even the jail, are housed the oldest buildings in the city." With that, as you can imagine, requires a unique skillset, and Tania had it! With her experience in architecture and historical buildings she quickly found her niche.

Just like all the years before, Tania was really unique in the architecture world, because she enjoyed the construction administration phase of architecture. "Most architects love the design side of projects because it is organized and structured, they don't like the construction side because it is chaotic and unpredictable. Architects have to make realistic adjustments in construction because the design in practice doesn't always match up with their vision. They have to be

- [Front Page](#)
- [ABA News](#)
- [Awards & Recognition](#)
- [Green News](#)
- [Made At Sac State](#)
- [Message From The VP](#)
- [New Faces & Farewells](#)
- [Off The Clock](#)
- [Recipies In ABA](#)
- [Staff Spotlight](#)
- [Summer Fun](#)
- [Printable Copy](#)

ABA FOCUS  
Is Published By The  
Administration & Business  
Affairs  
Office Of Strategic Planning &  
Quality Improvement  
  
California State University,  
Sacramento  
  
PRESIDENT  
Robert Nelsen  
  
VICE PRESIDENT/CFO  
Ming Tung "Mike" Lee  
  
EDITOR  
Elisa Chohan  
Andrew Stiffler  
  
WEB EDITORS  
Andrew Stiffler  
  
WRITERS  
Elisa Chohan  
Susan Colley-Monk  
Don Nahhas  
Andrew Stiffler  
  
PHOTOGRAPHY  
Bruce Clarke  
Don Nahhas

more flexible,” Tania said. Tania quickly filled a specific need for many architecture firms because she was both knowledgeable about the design and was capable of the project management as well. As if she could drill down to an even more unique skillset, she did and managed to become a leading female on teams that were dominated by men.

Ultimately Tania and her husband wanted to relocate back home to California to be closer to family and did a short stint in the bay area and then settled in Sacramento. When the position opened at Sacramento State for project manager, Tania knew it would be the perfect opportunity to make the inevitable decision to shift careers away from architecture and towards construction. Tania describes what she loves the most about her job, “I love seeing the building going up day by day and problem solving along the way. I really enjoy the challenge of finding cost efficiencies and trouble shooting.” That is exactly what she is doing with her current projects. Ultimately what has kept her intrigued in her current position is the fun and challenge of meeting the unique campus schedule and demands. “The impact you have as a project manager is intense. The projects I work on influence so many people. The community is impacted in both negative and positive ways, and you have to think about all of those things in your project – that is what I enjoy thinking about.” Tania knows how to adapt, she has been doing that her whole career, but especially now in higher education, where every decision matters and affects a huge chain of events.

This shift is much like the shift she made many times before in her career, becoming Sacramento State’s first female project manager. When she went to school, only twenty-percent of her class was female, now that percentage has evened out substantially to about 41%, according to the National Center for Education Statistics. However, in the world of construction, the players are still typically male. Especially in the trades, where it is rather rare to see a female team member. However, Tania doesn’t feel like it matters much at all that she is sometimes the only woman on the construction site. She says, “It doesn’t matter to me at all, well, except those days when I am wearing heels to a meeting with the President and then have to run over to the site. But, I just adapt and have my boots ready to go.” Sometimes Tania gets a couple second looks, or a few of the guys hush their normal jargon when they see her coming. “Sure, guys will remind each other that a lady is on site, and to watch their language. It always makes me laugh.” Really it is about a long standing tradition of construction being a man’s workplace. Those stereotypes have taken decades to be built, and as Tania notes, “it will take decades to bring down.”

One shining example of that shift in culture is the unique leadership of Tania’s soon-to-be completed project, River View residential. The construction project manager, Melissa Barrancha, with Otto Construction is a proud Made at Sac State alumnus and a woman. “It is great working with Melissa on the construction site. She is making some great progress on breaking down those stereotypes that women do not belong in this field.” I think all can agree that it doesn’t matter that Tania and Melissa are women in construction, what matters is that they are passionate about their projects and meeting the needs of their clients and ultimately the students at Sac State. What more could we ask for?

Check out some of the highlights from Tania’s current projects below:

River View Residential Hall (opening August 2017)

- Two-story cardio fitness center with iPad screens to program individual exercise sessions like yoga
- State of the art movie room
- Computer and gaming room
- Focus on spaces where students can come together and collaborate and build relationships that will hopefully outpace the limited time they are in residential life

Parking Structure V (opening January 2018)

- The timeline of the parking structure really makes this one special. It is going to be open in only one semester, which is unprecedented
- Each wall of the structure will be built like Lego concrete pieces in Woodland and delivered to the campus
- The structure will be LEED Gold certified, one of first of its kind in the CSU system

Science II (opening fall 2019)

- The first new construction academic building since Benicia Hall in 2012
- Living science model, where science will be on display with clear glass floor to ceiling on the first level
- The ability to see inside to outside as students conduct their labs
- The history of Sacramento State is being incorporated into the building design with trees and river theme
- The team is using a new delivery method that is very collaborative called design build model. This model allows for the builder, contractor, architect and client all to be on the same team throughout the project to ensure the best possible service to the client

Administration & Business Affairs

[Sac State Home](#) [ABA Home](#) [Recognition Program](#) [Appreciation Blog](#)



# FOCUS

## SUPPORTING STAFF PROFESSIONALISM AND SUCCESS

### VOL. 11 | ISSUE 1 | Summer 2017

SUMMER FUN

Financial Services' Summer Fun Days

The days might be longer, the temperature might be hotter, but that is not stopping the Financial Services Team from having some fun this summer! While the summer months provide a lot of great opportunities for ABA staff to catch up, plan, complete projects and maintenance, Financial Services see the summer as the accumulation of the year with deadlines and year-end reporting. That is why it is even more important for them to let loose and celebrate their accomplishments!



Priscilla Llamas-McKaughan in the Financial Services AVP's Office has seen the Financial Services family summer fun day evolve from its inception in 2009. "We started out with a Hawaiian shirt day, red, white and blue day, sac state attire day, to the current summer fun days, since 2015." The goal, since the beginning was always to build comradery amongst the staff while having fun. And oh what fun they have!

The shift to the summer fun days in 2015, really took on a new meaning. As Priscilla notes, "the three days of events, really encourages the large team to get to know each other in a fun and interactive way." With over 60 members of the department who work across campus in Lassen, Modoc and Sacramento Halls, the team really looks forward to getting an excuse to visit each other and also work together to team build.

In June, summer fun days, kicks off with a creativity contest. Each office receives a bag of items. Each team is instructed to design and create a product out of the items, name it and write a story that explains their creation. Each submitted creation is judged by an impartial panel and the winning team is awarded. This year's winner was the Bursar's Office with "Turkey Crossing Commons."

In July, Financial Services staff members participate in Office Games Day. The daylong event goes from 8:00 am to 3:00 pm and all Financial Services team members are invited to each other offices to play a game. The goal is to play all of the games offered and be entered into a drawing for prizes. This year's games included: Face the Cookie, Sting the Target, Bursar's Bowling Alley and Putting. Examples of each can be found below:



[Front Page](#)

[ABA News](#)

[Awards & Recognition](#)

[Green News](#)

[Made At Sac State](#)

[Message From The VP](#)

[New Faces & Farewells](#)

[Off The Clock](#)

[Recipies In ABA](#)

[Staff Spotlight](#)

[Summer Fun](#)

[Printable Copy](#)

ABA FOCUS  
Is Published By The  
Administration & Business  
Affairs  
Office Of Strategic Planning &  
Quality Improvement  
  
California State University,  
Sacramento  
  
PRESIDENT  
Robert Nelsen  
  
VICE PRESIDENT/CFO  
Ming Tung "Mike" Lee  
  
EDITOR  
Elisa Chohan  
Andrew Stiffler  
  
WEB EDITORS  
Andrew Stiffler  
  
WRITERS  
Elisa Chohan  
Susan Colley-Monk  
Don Nahhas  
Andrew Stiffler  
  
PHOTOGRAPHY  
Bruce Clarke  
Don Nahhas





The activities are also a great way to break up a normal work day. "Some feel that their workloads are too heavy and don't have time to 'play around', which is understandable," said Candace Ensley, accounting technician II. "However it has been proven that office games boost morale and make for a more productive workplace. These summer fun days do just that!"

In August, AVP Gina Curry picks campus clues, including people, places and things. Participants visit the clues and are required to take selfies as proof, photo creatively is encouraged. Everyone who correctly finds all the clues is entered into a drawing for small prizes provided by Financial Services managers.



**Ken Armstrong**

This July Ken Armstrong traveled with his brother-in-law for a quick day trip to Clearlake. When they set out on their trip, they were hoping for a relaxing day and maybe a few fish, but they were certainly surprised! Ken said it was his, "'best day of fishing for fresh water fish in 45 years. I had to stop fishing because there is a limit of 25 fish per day for pan fish."

It was shocking to the pair that they could haul that many fish in such a short period of time! Who knows if it was all the rain this past winter, or just their lucky day, but nonetheless, a great memory to share with family.



## Kevin Brisco & Deneilia Pappas - Relaxing in Martha's Vineyard

Manager of Custodial Services, Kevin Brisco, and Scheduling Coordinator, Deneilia Pappas recent returned from a relaxing visit to Martha's Vineyard.

An island off of Massachusetts, Martha's Vineyard is known for its beautiful landscapes, beaches, and lighthouses. But relaxation wasn't the only reason for Kevin and Deneilia's visit: "The purpose of the trip was to visit former faculty member Dr. Charlotte Cook at her long time family summer home," said Kevin. "Deneilia has known Dr. Cook for 25 years when she first began working with her in the Faculty Senate Office."

While visiting friends, Kevin and Denellia enjoyed shopping in town, morning walks along the beach, and hikes to the lighthouses that dot the shoreline. "We visited the Gay Head Lighthouse. It was first commissioned by President John Adams in 1799," said Kevin. "It is the oldest of the 4 on the island. We were able to walk to it and even climb up it and enjoy views of the island as well as the Atlantic Ocean."

Did you know? Martha's Vineyard is only 100 square miles in size, and can be driven from one end to the other in about an hour!

## Susan Colley-Monk - Alaskan Cruise Vacation

In June, Risk Management Analyst, Susan Colley-Monk went on a seven-Day Alaska Cruise that departed from Seattle. From there, they cruised to Tracy Arm Fjord and made port in Skagway, Juneau, Ketchikan, and Victoria, BC before returning to Seattle. It had been 11 years since her and her husband, Mike, went on a cruise vacation. Susan's mother, son, and daughter-in-law were also passengers on the ship.

At Tracy Arm Fjord, they saw glaciers, observed seals on floating ice, and witnessed numerous beautiful waterfalls. In Skagway, they walked the paths of the early pioneers in town and saw the beautiful mountains that surround the town. In Juneau, they departed on a whale watching tour. They saw bald eagles, humpback whales, sea lions, and a family of orcas. In Ketchikan, they walked the town, shopped, saw totem poles, clear rushing creeks, and watched seaplanes land.



On the way to Victoria, BC, they watched numerous humpback whales from their balcony room. In beautiful Victoria, they walked to the city center and saw the British Columbia Parliament buildings, horse-drawn carriages, and docked boats.

One perk to being out of California during the month of June was missing the high summer temperatures. They dressed in fall and winter clothing as the temperatures never went over 60 degrees. All in all, it was special to spend time with close family members in beautiful Alaska. They can now cross that destination off their bucket list.