

# THE EXCHANGE

GERMANNA COMMUNITY COLLEGE  
INFORMATION BULLETIN



## BRAIN GAMES

Scientists have found that giving your brain a workout can be just as important as proper diet and regular exercise in preserving your mental and physical well-being.

Each month a brain game challenge will be published in The Exchange. Submit your solution to the [HR Benefits Office](#) prior to **September 4** to be entered for a chance to win a small token acknowledging your mental prowess. Chance of winning is dependent upon the number of entries received.

Keep your mind young and fit by flexing your mental muscle!!

This month's teaser is set out below. We'll start off gently and if this is too easy, we'll increase the difficulty next month!

### The But-Not Game

The object of the "But-Not" Game is to uncover the element common to each statement.

- Carol likes archery but not arrows.
- Carol likes brothers but not sisters.
- Carol likes fishers but not fish.

**So...what does Carol like?**

Source: Christina Dennis

## Act of kindness by Germanna's Barbara Downs touches elderly LOW couple

The gift brought a smile and a tear to almost every person gathered to celebrate the love between Ralph and Inez Holm.

The two have been married 60 years. They are kind, generous people who quietly go out of their way to help others, their four children said.

Ralph is a retired engineer, known for his knowledge of airplane instruments. He and Inez traveled across the globe until they settled in Lake of the Woods in the late 1980s.

She joined the Closet Quilters and focused her artistic energy on needle and thread. Over the years, she made about a dozen quilts—each stitched by hand—and gave most of them away.

Two years ago, she started what would become her last creation. She has Parkinson's disease, and as she worked on the 12 squares of appliqued flowers and hearts, her hands shook so badly, she had put it aside.

When her neighbor, Pat Cope, saw the unfinished canvas, she had an idea. What if she pieced the squares together, then the two donated the quilt to a favorite charity? The women picked the Lake of the Woods Volunteer Rescue Company as their beneficiary.

Tickets started selling in February, months before the quilt was to be awarded in



Barbara Downs

July. Germanna Community College employee Barbara Downs, wife of rescue captain Mike Downs, saw the quilt on display and raved over its detail.

"That's a really beautiful quilt, I think I'll buy the winning ticket," she said.

Turns out, she wasn't joking. She won the quilt, which raised \$1,700 for the department. She was amazed that it perfectly matched the color scheme in the bedroom she and Mike were redecorating.

But as nice as the quilt looked in their Lake of the Woods home, it didn't stay long.

The day after the raffle, Ralph called Mike. He asked if he could buy back the quilt his wife made—he even offered

\$1,000. As he tried to explain why he wanted it, he broke down.

He wrote a note to the rescue captain the next day. He said his wife's medical condition kept her from stitching, and it would mean a lot to him if her last, and best, quilt could stay in the family.

There was no question what Mike and Barbara, who celebrated their fourth anniversary on the Fourth of July, would do.

"That is a family heirloom that needs to stay in their family," Mike said.

Mike, a lieutenant colonel assigned to the Pentagon, gave the quilt back in grand fashion. He contacted the Hollms' son, Bob, and learned Ralph and Inez had an anniversary coming up, on Aug. 7. He and Bob decided it would be great if Mike and Barbara presented the quilt when the family

gathered at the Lake of the Woods Club-house.

Mike even hired a violinist to serenade the couple. At the dinner, the Hollms smiled and clapped and chatted with grandchildren, including one who flew in from Spain.

When Mike and Barbara approached the Hollms with a package topped with a big puffy bow, Inez recognized right away the woman who'd won her quilt. She smiled and hugged her and Mike, and Ralph did the same.

Everyone--except Ralph and Inez--knew what was in the box.

Son Bob tried to read the card Barbara had written, but he got choked up on the part about wanting to do something for the couple who's done so much for others.

As a few of those gathered started to sniffle, Ralph and Inez still didn't know what was happening. When Ralph pulled back the dark pink tissue paper to reveal the quilt, he was speechless. So was Inez.

He unfolded her last masterpiece and stood over her for a moment, as if he wanted to wrap the quilt around her. Cameras flashed. More people sniffled. The Hollms hugged the Downses again and insisted that their sons introduce them to everyone at the table.

Ralph tried to convey how much it meant to have the quilt in the family again, but his eyes filled with tears each time. All he could do was put his arm around his wife of six decades, rub her back and smile.

*Source: The Free Lance-Star  
11 July 2008*

## Workforce's summer youth programs are successful



Computing, Digging History, Sweet Treats, Aquatic Field Study, and Civil War Medicine. The kids had an enjoyable week being on a college campus and trying the different classes. And to help make the classes "real," field trips were taken to Ferry Farm, Marye's Heights and Cakes Galore.

**Launch into Leadership** is for rising 9th graders and helps prepare the students for success in high school. It provides an introduction to key leadership skills valuable for new high schoolers. They focus on developing on teamwork,

understanding the qualities of leadership, communication skills, personal development, and public speaking, in a fun and non-threatening environment. Parents attended a closing ceremony where student presented on a leader whom they admire.

Another benefit of offering for children is to provide an opportunity for them to be exposed to a college environment. Who knows, maybe we'll see them in a few years as first year Germanna students?

*Source: Martha O'Keefe*

**The Center for Workforce and Community Education**, Fredericksburg, had another successful summer with the Summer Academy and Launch into Leadership programs during the weeks of July 21 and 28.

**Summer Academy** is for rising 6th and 7th graders and provides half-day and full-day programs in classes such as Cool



# GCC/NOVA Dental Hygiene ambassadors serve in Jamaica



On July 26, 2008, three students and one faculty from the Northern Virginia/Germanna Community College Dental Hygiene program set off to Kingston, Jamaica for one week.

With support from Misty Sissom, Lesa Crane coordinated student volunteers, equipment and supplies to carry the dental hygiene team through four days of patient care.

While there, the students provided dental hygiene care and education to over 200 adults and children in the Grant's Pen area of Kingston.

Most of the patients had limited access to a dentist or dental

hygienist. Students were able to work alongside Jamaican nationals who were educated in Jamaica as dental nurses and dental hygienists.

The Student American Dental Hygienists' Association chapter at GCC helped with fundraising for the trip throughout the year.

All of the participants found the experience rewarding and thanked those responsible for making it happen.

The trip was sponsored by Stafford Crossing Community Church's Medical Ambassadors Serving through Healthcare (M.A.S.H.) program.

Source: Lesa Crane

## VCCS is committed to keeping tuition rates affordable

With an understanding of the economic challenges facing Virginia families, the State Board for Community Colleges held firm to a long-term strategic plan to keep community college tuition rates affordable. The Board voted to increase both in-state and out-of-state tuition and mandatory fees for the coming year by a total of \$6.00 per credit hour, while also increasing the financial aid available to both full-time and part-time students.

Once the new tuition rate takes effect, the mandatory in-state tuition and fees associated with attending a Virginia Community College next year will be roughly one-third of the cost of attending a Virginia public four-year institution last year.

"A record number of students are attending our colleges and we are committed to serving them," said Mark Graham, chairman of the State Board. "No one celebrates a tuition increase. **We are firmly committed, however, to an open-door policy of affordable access** and this is what's needed to accommodate the

men and women who are using our classes to elevate their lives."

Virginia's Community Colleges are experiencing a set of circumstances unique to the system's 41-year history. **The vast majority—67%—of the Commonwealth's entire undergraduate enrollment growth is occurring at VCCS colleges.**

And economic challenges have prevented state funding increases, despite the last-place funding status of the community college system when it comes to Virginia's base budget adequacy formula.

"As state leaders assembled this year's budget, they were mindful of the impact tuition increases have on family budgets and we share their concerns," said Glenn DuBois, chancellor of Virginia's Community Colleges. "Like them, we are working hard to hold tuition to the lowest possible level while striking a careful balance between affordability and quality. We look forward to our continued partnership with them to maintain our community colleges as an affordable on-ramp to higher education."

The \$6.00 per credit hour increase includes \$5.00 for operating expenses and financial aid and \$1.00 for the System-wide technology fee. The

tuition increase will cost an in-state community college student, who is taking a full-time load of 15 credits per semester, an additional \$180 for the year.

By increasing financial aid resources, the State Board is following the lead of the General Assembly which enhanced financial aid resources in the most recent state budget. Virginia community colleges students will have access to a total of \$27.6 million of non-federal financial aid for the coming school year.

The State Board also approved an increase in the separate differential fee for Northern Virginia Community College of \$2.50 per credit hour.



**About Virginia's Community Colleges:** *Created more than 40 years ago, the VCCS is comprised of 23 community colleges located on 40 campuses across the commonwealth. Together, Virginia's Community Colleges serve more than a quarter-million credit students each year. For more information, please visit [myfuture.vccs.edu](http://myfuture.vccs.edu).*

Source: Virginia Community College System

# County, Chamber, GCC team to reach “middle majority”

They're “the middle majority”—students who are talented enough to make a good living but aren't suited to attending a university.

Too often they don't get the advice they need to find the place where they can thrive and where the community needs them to be to maintain a high quality of life for everyone.



**Pam Frederick**, an Orange County resident who is Germanna Community College's Dean of Student Services, says the Virginia Community College System's Career Coach program, launched four years ago, is geared to give

these students the guidance critical to making good decisions in choosing career paths.

The Career Coach program is a statewide project that places job-oriented counselors in high schools. There they can begin working with students as early as ninth grade, testing them and talking to them about their interests and getting to know them over an extended period of time.

“Career coaches are focused solely on the concept of career guidance,” Frederick said. “They're not working on behavioral issues and SOL testing. They have the time to actually sit down and have the “What do you want to do with your life talk with the student.”

“Some kids,” Frederick said, “think they're either going to Harvard or nothing. They just think college is something unattainable for them. They don't really know what the options are. They need someone to say, ‘sit down.’”

Sometimes a relatively quick, painless and inexpensive community college certification program is all it takes to get some students who don't want to spend four years in college on the path to earning a good living, doing something they enjoy.

That's why the Orange County Chamber of Commerce has joined with Germanna, the Orange County Office of Economic Development and local businesses in promoting an effort to raise money to hire a Career Coach for Orange County High School.

“We're 100 percent behind establishing a Career Coach program at OCHS,” said Chamber Executive Director Barbara Bannar.

“We have reviewed the program and its results in other localities and feel

that it would give a much needed edge to students who are looking for alternatives to four-year college programs,” she said.

“Generally, guidance departments do not have the additional staffing needed to work with individual students who plan to enter the workforce directly after graduation,” Bannar said. “This program would assist those students. It is also beneficial to our local businesses, as the Career Coach could focus on courses which would enable a student to prepare for specific local employment. It is a win-win program for businesses and students.”



**Doug Rogers**, a Lake of the Woods resident who serves both on Germanna's Local College Board and on the Chamber board, is spearheading the fundraising effort.

Today, he said, providing high school students with help in

finding the right career path is more important than ever.

“It's not that choices are limited,” Rogers said. “It's that there are a multitude of opportunities, and kids are just not aware of all the things they can do.”

He said he's concerned about those who are “falling through the cracks— not getting the complete range of career counseling. In my opinion, if you have a high school education with no other certification and training, your livelihood and income are extremely limited in today's economy.”

The Career Coach program, Rogers said, “gives the ones who may not know what they want to do more guidance in selecting a career, either at a two- or four-year school.”

“Not to knock the school system too much,” Rogers said, “because they are overloaded, but sometimes they focus too much on four-year schools instead of certification.”

Germanna's Frederick said one of the things an OCHS Career Coach would do is arrange “shadow ops” during which students would be allowed to observe people in various jobs to see if they might like them.

She said hiring a Career Coach would be a relatively small investment for local businesses, considering the potential payoff.

“We need to raise \$36,000 a year, which would cover the position,

supplies, travel, training, everything,” Frederick said. “We're trying to sustain it for at least three years. Doug is asking people to make three-year commitments. You don't want to put someone in there and have to yank them back out because the money ran out.”

**To donate**, please contact: Barbara Bannar, Orange County Chamber of Commerce, P.O. Box 146, 103 N. Madison Rd., Orange, VA 22960

*Source: Mike Zitz, for the Orange County Review published 7 August 2008*

## Rowe and Loving receive Chancellor's Award for Exemplary Coaching Performance

Dean Rowe, Career Coach at Culpeper County High School, and Kay Loving, Career Coach at Caroline County High School, have each been selected for the Chancellor's Award for Exemplary Coaching Performance.

Germanna will receive two \$15,000 grants to support their positions during 2008-2009.

Our Career Coaches were selected for this award through a competitive application process. Out of 45 Career Coaches nominated by their colleges, only 18 were selected for the Chancellor's Award.

The Career Coaches selected for the Chancellor's Award were able to demonstrate strong coaching performance and cite evidence of their impact on students.

Congratulations to Dean and Kay for being selected for this award. We are very proud of our Career Coaches.

*Source: Pam Frederick*

# Guyana to Germanna: Dr. Ann Woolford-Singh identified with the college's mission



Vice President for Academic Affairs and Student Services Ann Woolford-Singh turned a hunger for learning into an American success story.

It's been only two months since Ann Woolford-Singh moved into her office on Germanna Community College's Fredericksburg campus.

Already it reveals much about her.

A portrait of Frederick Douglass hangs above the computer. On a framed postcard on the wall, a black woman washes clothes in a basin outside, her family just a few feet away. Woolford-Singh said it reminds her of home.

Paintings on another wall spell spring, summer and winter in Chinese characters.

Or is it spring, summer and fall? Woolford-Singh wondered. No matter. They remind her of her trip there months ago.

Woolford-Singh, 59, is the college's new vice president for academic affairs and student services. Most recently, she worked at Tidewater Community College for 14 months as an assistant to the president and before that as an associate professor of English.

Germanna marks a new beginning.

"I'm very attracted to growth," she said.

With recently inaugurated President David Sam, she plans to tackle growth and address students' needs with limited resources. She also wants to ensure employees learn continually.

But it was the college's history that she identified with, she said. In the 18th century, a community of German immigrants lived on the future site of the Locust Grove campus.

"Being an immigrant myself, I felt that immediate connection," Woolford-Singh said.

## LEAVING HOME

The cold was the first sign she and her family were no longer in Guyana.

At 18, the eldest of three, Woolford-Singh arrived at JFK Airport in New York, wearing only a sweater over a summer dress.

She was used to warmer weather

Guyana is a South American country flanked by Venezuela, Suriname and Brazil. With no means to pay for a decent college education there, Woolford-Singh's parents immigrated to the U.S. and settled in New York with their children.

In Guyana, education is valued more than money, Woolford-Singh said.

But money was a necessity, even in their new home. Woolford-Singh worked full time in an office and became the primary breadwinner for the family. Her parents and brother also worked full time. They pooled their earnings to make a down payment on a house.

Woolford-Singh said it was a "hard reality." She and her family had come with only a suitcase each. Though they spoke English, their culture was different.

Woolford-Singh balanced a full-time work schedule with a full-time class load at Brooklyn College. Seven years later, she earned a bachelor's

degree.

"My mom was ahead of her time," Woolford-Singh said. "She understood the limitations a wife had without an education."

She earned a master's degree from New York University. Now, she has a Ph.D. in urban services and higher education leadership from Old Dominion University.

## A SCHOOLMASTER

A schoolmaster in Guyana inspired an 8-year-old Woolford-Singh to become a teacher. When her mother denied her permission to join a class field trip to a sugar cane plant, the schoolmaster visited her home.

Learning also takes place outside the classroom, he told her mother.

Woolford-Singh remembers the train ride to the plant and how she waved to people she passed. She was fascinated by the process of turning molasses into sugar.

"One of the first times I remember saying I wanted to be a teacher," she said.

On a yearlong fellowship with the American Council on Education last year, she traveled to China. There, she learned about the country's plans to develop a system similar to the American community college model.

Woolford-Singh said she believes in the idea that community colleges serve as "democracy's college."

But there are challenges ahead. Half of incoming students at community colleges need remedial classes in math and reading. There's also a technology gap between students and educators, she said.

Ultimately, Woolford-Singh said, she wants to show students a college education leads to a better life.

She knows this all too well.

Source: The Free Lance-Star  
6 August 2008

# Payroll and paycard information

## PAYLINE:

Effective October 2008 all employees who have access to state-issued computers and internet access will be required to use PAYLINE and to opt out of receiving a notice of earnings. For more assistance with the PAYLINE sign up process access the following folder and select the "Payline Participant" file: S:\Public\HUMAN RESOURCE INFORMATION\ June 08

For a more detailed description of what PAYLINE can do for you, access the following directory: S:\Public\HUMAN RESOURCE INFORMATION\ July 08\EPPICard and Direct Deposit

The President's Council has approved that by October 15, 2008, GCC intends to make a global election for all existing and new employees not to receive a printed earnings notice in support of the cost savings measures set up and mandated by the Commonwealth of Virginia.

## Direct Deposit and/or EPPICard Information:

As announced previously, direct deposit is now required for employees, new hires and rehires effective with a hire date of August 1, 2008 or later.

Some frequently asked questions about the Virginia EPPICard MasterCard:

- Q.** How can I reach a live person when calling the paycard's customer service number?
- A.** *If you need to speak with a customer service representative (CSR), dial 1-800-961-8423; ignore all the prompts and in about 2 minutes, you will be transferred to a CSR.*
- Q.** How many prenotes does the paycard have?
- A.** *In order to ensure that employees receive their card before money is deposited to it, the paycard prenotes for 2 check dates before going live with the third paycheck. If an employee notifies you that they have not yet received their card, agencies should deactivate the deduction until the card is received.*

## EPPICard Website:

In the near future, the look of the EPPICard web site will be modified slightly. To ease identification and ensure correct navigation, all of the card images of their clients will be

displayed on the home page. To access the Virginia paycard site, simply click on the card labeled for Virginia.



## National Payroll Week September 1-5, 2008

National Payroll Week celebrates the hard work by America's 156 million wage earners and the payroll professionals who pay them. Together, through the payroll withholding system, they contribute, collect, report and deposit approximately \$1.7 trillion, or 64.2%, of the annual revenue of the U.S. Treasury.

Browse through these pages to learn more about your paycheck and using the withholding system to your advantage. You'll also discover why NPW is an important public awareness campaign and how to celebrate it.

<http://www.nationalpayrollweek.com/>

<http://www.americanpayroll.org/gogreenwithyourgreen/>

[http://www.nationalpayrollweek.com/about\\_manage.cfm](http://www.nationalpayrollweek.com/about_manage.cfm)

[http://www.nationalpayrollweek.com/edu\\_paycheck\\_calculator.cfm](http://www.nationalpayrollweek.com/edu_paycheck_calculator.cfm)

[http://www.nationalpayrollweek.com/edu\\_w4.cfm](http://www.nationalpayrollweek.com/edu_w4.cfm)

Source: Barbara Hall



If you are an active VRS member, you will be able to view your Member Benefit Profiles (MBPs) in myVRS later this month (<https://www.varetire.org/myVRS/>). Among other things, myVRS will allow you to compare your 2008 MBPs with other MBPs (2007, 2006), already stored in your myVRS account. You

can view your MBPs in myVRS at any time, securely and conveniently, and print a copy whenever you need one for your records.

If you haven't already registered for access to myVRS, take a moment and do so now.

myVRS gives you access to a wealth of information about your retirement account, and you can even use the retirement calculator to get an estimate of what your benefits will look like when you decide to retire!

Source: Christina Dennis

## Smoking banned in State offices and vehicles

In accordance with Executive Order (EO) 41 Banning Smoking in State Offices and Vehicles, with the exception of correctional facilities and mental health facilities delineated in EO 41, following are the guidelines for smoking in facilities occupied or operated by executive branch agencies and institutions effective January 1, 2007 (amended July 22, 2008). EO 41 authorizes agency heads and heads of state institutions, including institutions of higher education, to set additional, appropriate guidelines for smoking outside on state-owned property, including appropriate signage.

Having consulted with the Commissioner of Health, with the exception of those facilities delineated in EO 41, the following guidance shall be used by agency heads and heads of state institutions, including institutions of higher education, to establish non-smoking guidelines for those properties included within EO 41:

- Smoking is banned in all state facilities occupied or operated by executive branch agencies and institutions, including institutions of higher education.
- These smoking guidelines apply to all persons in state facilities occupied or operated by executive branch agencies and institutions, including institutions of higher education.

**continued, next page**

**Carolyn Bynum**, Middle College Program Director, has been selected to sit on a new coalition board for the Bragg Hill Family Life Center and surrounding communities in the Fredericksburg, Stafford, and Spotsylvania region.

The purpose of the coalition is to identify resources for at-risk youth.

Source: Pam Frederick



## Employees receive Leadership Academy recognition

The Germanna Leadership Academy Program concluded in June with recognition of five Germanna employees who successfully completed the entire series of classes. **Karen Bowers, Chris Cooper, Cynthia Hill, Paula Gentry, and Judi Bartlett** attended all ten modules of the Leadership Academy, authored by Germanna Community College's Center for Workforce and Community Education. The courses were instructed by Ray Gill and awards were presented by Barbara Hall. A total of 70 Germanna employees participated in the program, which was designed as an introductory level curriculum to develop practical and applicable skills in leadership. Courses included topics in communication, problem solving, conflict management, team building, and more. Congratulations to Karen, Chris, Cynthia, Paula, and Judi on their accomplishment!

Source: Suzanne Broman



The Germanna Workforce staff at the Daniel Technology Center in Culpeper gives new meaning to their promise of comprehensive service. The newly formed "Germanna Workforce Beautification Team" is shown readying the Center for the new semester

## Smoking Banned (continued)

- Smoking is banned inside all state facilities including parking garages, covered walkways, temporary enclosed structures, trailers, and tents as well as structures placed on state-owned property by contractors or vendors.

The owner and/or property manager of each affected facility shall post no-smoking signs in each facility and at parking garage entrances,

## Smoking Ban (continued)

vestibules and lobbies, loading docks and similar entryways where persons enter and exit a facility.

Smoking is permitted outdoors on state property grounds, plazas, sidewalks, malls and similar open pedestrian-ways provided smokers are 25 feet or more in distance away from an entrance or exit of any facility, including parking garages.

Health care facilities may prohibit smoking outdoors beyond the 25-foot limit.

Smoking outdoors shall be in accordance with published guidelines established by the agency head or head of state institution, including institutions of higher education, of the facility or agency within the facility. Such guidelines shall include at a minimum that:

- The owner and/or property manager of each affected facility shall provide an ash urn at outside locations (25 feet or more from entry/exit ways) to aid smokers in disposing of smoking materials.
- Smokers shall use ash urns to dispose of their smoking material waste and shall not litter state-owned property with smoking material waste.
- Smoking is banned inside all state-owned vehicles and rental vehicles obtained from the Department of General Services' rental car contract.

Employee violations of EO 41 or smoking restrictions imposed pursuant thereto shall be addressed by their agency in accordance with the Department of Human Resource Management Policy 1.60, Standards of Conduct and the violation shall be considered in the employee performance evaluation.

Source: Rick Brehm