



Spring Bloom 2023

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Monday

May 22

2023

10:00 a.m. through 3:00 p.m.

Session 1 - Demystifying the Leonard Center

10:00 a.m. - 10:45 a.m. with Taylor Ulrich , Strength and Conditioning Coach with Athletics and WHAM's Personal Trainer and Instructor
Leonard Center (meet in the lobby)

Whether you're new to Mac or just new to the Leonard Center, WHAM's goal is to create a welcoming and inclusive environment for all fitness levels. We invite you to join Taylor for a tour of the facility and orientation to the equipment. He'll help you be more familiar with the pool, cardio machines, weight machines, dumbbell and barbell racks. He'll show you where the balls, bands and foam rollers are kept and show you the many uses for the fieldhouse. Summer is a much quieter time at the LC, so we hope you'll take advantage of this modern and convenient facility and build some movement into your workdays.

A change of clothes is not necessary for this tour and orientation.

Session 2 - Sustainability Initiatives at Macalester

11:00 a.m. - 12:00 p.m. with Megan Butler, Director of Sustainability
Library: Harmon Room

Get to know the sustainability initiatives on campus. We will talk about initiatives related to zero waste, campus decarbonization, active transit, and the free swap.

Session 3 - Walk with WHAM

12:05 p.m. - 12:55 p.m. with WHAM Committee Member(s)
Meet outside the Campus Center

Join WHAM and your fellow colleagues to kick-start or continue your walking routine while enjoying the sights and smells of spring's blooms. We'll meet outside the Campus Center each day and walk from there to explore the neighborhood and get in some steps. This is a great opportunity to meet new people, enjoy the beauty around us and return to work feeling refreshed. Sign up for this event to receive the calendar invitation and just accept the days you plan to attend. We'll cancel the walk in the event of inclement weather. We encourage you to bring a friend/colleague along, even if they haven't signed up. Please wear good shoes for walking.

Session 4 - Opening Doors to the Future - Save in a 529 college savings plan

2:00 p.m. - 3:00 p.m. with TIAA Representatives

Virtual

You can learn how 529 college savings plans work and how to invest in one for a child, grandchild, yourself, or another loved one. We will review the following points and provide an opportunity for questions at the end:

- Price of College
- Saving in a 529 plan
- Getting started
- FAQs

[Register online through TIAA's platform](#)

Tuesday

May 23

2023

9:00 a.m. through 3:00 p.m.

Session 1 - Campus Updates: Title IX New Regulations, Department of Justice Grants Activities, and Sexual Respect

9:00 a.m. - 10:00 a.m. with Jen Jacobsen, Laura Creech, and Tiger Simpson
Library: Harmon Room

Curious about the forthcoming updates about the new Title IX regulations? Wondering about what's happening with Macalester's \$300,000 Department of Justice grant and how you can participate in related programming? Interested in how your role on campus supports sexual respect and the college's value of "our responsibility to provide a supportive and respectful environment for students, staff, and faculty of all cultures and backgrounds"? Laura, Tiger, and Jen will share updates in all of these areas, identify opportunities for involvement, and most importantly, encourage dialogue and feedback on how we can make this shared work accessible and inclusive for all members of our campus community.

Session 2 - Intro to Pickleball

10:30 a.m. - 11:45 a.m. with Will Davison, PCI certified instructor at Lucky Shots
Leonard Center Fieldhouse

WHAM is excited to partner with Lucky Shots to bring you an on-site Intro to Pickleball lesson. This is a great way for brand new players to learn the sport of pickleball. Players will receive 60 minutes of instruction plus 15 minutes of playing time. Players will learn all the basics to be able to play. We will cover equipment, unique lingo, score keeping, court position, and the fundamentals of serve, return, and the volley. Lucky Shots will provide paddles and balls. Players should wear tennis shoes and comfortable athletic clothing. Lucky Shots is a premier indoor pickleball facility in Minnesota with 12 state-of-the-art pickleball courts. There is something for all ages and skill levels - private court rentals, classes, private lessons, leagues, open play, private events, youth summer camps, etc. Our instructor for this event will be Will Davison. Will is a father, husband, and a pickleball junkie. He's competed in many tournaments locally and out-of-state and is called "The Silver King" by his oldest daughter. He enjoys seeing his players make progress and smiles often because he gets to do this for his job! He has coached players ages 6 to 91. He can facilitate many types of lessons based on your goals, the situations you'd like to work on, and whether you just want to have fun or get technical. Will has experience doing lessons for married couples, first dates, company parties, and competitive players preparing for tournaments. He is excited to work on whatever you'd like!

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Session 4 - Vision Boards!

12:30 p.m. - 2:00 p.m. with Dorothy Jordan

Library: Harmon Room

When was the last time you paused to reconnect to what makes your heart sing? Are there small or big adjustments you can make in your daily life to bring you into closer alignment with how you want to be and feel? Vision boards can be a good tool for drawing us back to our path or for finding a new path. In this session each person will create their own vision board to bring home.

Bring a pair of scissors with you. All other supplies provided. Feel free to bring additional magazines to share and to broaden the selection.

Session 5 - Bullet Journal Much?

2:00 p.m. - 3:00 p.m. with Alina Wong, Kelly Stone, and Laura Creech

Library: Harmon Room

Kelly, Laura, and Alina will share our bullet journaling experiences, including layouts, notebooks, pens, successful practices, and more! Bring your favorite ideas to discuss with others, or if you're new to (or never heard of) bullet journaling - come and learn with us. We'll also create space for swapping pens, notebooks, stickers, and other planner or journaling items that folks want to share with others.

Wednesday

May 24

2023

9:00 a.m. through 3:00 p.m.

Session 1 - Macalester Tree & Garden Tour

9:00 a.m. - 10:00 a.m. with Megan Butler, Sustainability Director, and Mike Frazier, Lead Grounds Person

Meet outside the Campus Center

We will lead a guided tour around campus talking about sustainability initiatives related to campus grounds, and talking about the different trees and plants found on campus.

Session 2 - Understanding the SQUAT

10:30 a.m. - 11:20 a.m. with Angela Nguyen, NASM Certified Personal Trainer, CNC, WLS, WHAM Instructor

Leonard Center, Deno Fitness Center

Squats are one of the fundamental exercises in a strength training program, whether you're a novice or seasoned athlete, because they build strength in several muscles at a time, reduce injury and improve mobility and balance. Yet a squat can be an intimidating and challenging exercise to perform correctly. WHAM would like to help you maximize your squatting potential while minimizing your risk for injury.

We invite you to learn the fundamentals of the squat. From bodyweight squats, to goblet squats, to barbell squats, trainer Angel Nguyen will follow a progression to build a solid understanding of the proper technique needed and discuss how you can prepare for a squat under a loaded barbell. With each variation, you will gain knowledge from stance and grip width as well as common faults and cues to correct them. We will also address mobility and functional warm ups needed to get the most out of your squats.

This class is recommended for the beginner fitness enthusiast looking to learn the basics, as well as the more experienced lifter who is seeking advice on mobility, warmup, technique and optimization. Participants should come prepared wearing athletic shoes and clothes. Since this class will focus on technique, rather than quantity, you likely won't get sweaty.

Session 3 - Queries from Religious/Cultural Life at Macalester

12:00 p.m. - 1:00 p.m. with Kelly Stone and Emma Kippley-Ogman
Library: Harmon Room

One dimension of being an equitable campus community is learning to relate with others on their own terms in a variety of cultural and religious frames to build calendar and programming practices that reflect the fullness of who we are. Join Macalester chaplains Kelly Stone and Emma Kippley-Ogman for a session where we work together on all of our intercultural and interreligious skills by reflecting on case studies from our own experiences. Please bring your questions and scenarios, and we'll draw on the gathered wisdom of the group to increase our capacity for supporting religious/cultural practice as part of what we all do. You're welcome to submit questions/puzzles/scenarios/challenges in advance (or ask us about the session). A simple lunch will be provided.

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Session 5 - QPR Suicide Prevention Training

1:30 p.m. - 3:00 p.m. with Tiger Simpson, Health Promotion and Sexual Respect Director

Library: Harmon Room

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Thursday

May 25

2023

10:30 a.m. through 2:45 p.m.

Session 1 - Origin Stories: How to Be Your Own Superhero

10:30 a.m. - 11:30 a.m. with Alina Wong, Vice President for Institutional Equity

Library: Harmon Room

I will share my comical and animated journey to social justice work, and how I continue to build my practice and self-awareness. This interactive session will invite participants to explore their own origin stories and how to develop their social justice philosophies and practice.

Session 2 - Barre Workout

12:05 p.m. - 12:50 p.m. with Ariel Linnerson, WHAM Instructor

Leonard Center, Studio 1

Ballet-inspired moves are adapted to fit all bodies in this high intensity, but low impact workout designed to strengthen and sculpt your legs, glutes, abs, and arms! We will use the ballet barre for balance as we tone our legs and light hand weights for our upper body. No dance experience required and all fitness levels are welcome!

Ariel has been teaching Barre, Yoga, Pilates, TRX, Zumba, dance and dance-based fitness classes since graduating with a BFA in Contemporary Dance from North Carolina School of the Arts in 2003. She has been a Macalester WHAM Instructor since 2012. Ariel believes that consistency, sustainability, and variety are the keys to a lifetime of health and fitness and her goal is to make each class fun, engaging, and challenging for each student!

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Session 4 - Healthy Minds Survey: What does it mean?

1:30 p.m. - 2:45 p.m. with Jen Jacobsen, Executive Director of Health & Wellness; and Tiger Simpson, Director of Health Promotion and Sexual Respect

Library: Harmon Room

In Fall 2022, 601 (29.5%) of Macalester students participated in the Healthy Minds Survey. The results leave us with as many questions as answers, and we hope to work collaboratively with you to add perspective to this quantitative data. In this interactive session, we'll share data points related to student mental health (and related attitudes), substance use, as well as ask for your thoughts on interesting data related to whether our students see stress as performance-enhancing or learning-inhibiting, feelings of belonging, as well as measures stress and resilience/coping. We'll then spend time discussing how we all, in our professional roles, can contribute to an environment that supports various aspects of student well-being.

Friday

May 26

2023

9:00 a.m. through 12:55 p.m.

Session 1 - Integrating Hands On Sustainability Projects into Classes

9:00 a.m. - 10:00 a.m. with Megan Butler, Director of Sustainability
Library: Harmon Room

Geared towards faculty members, talking about ideas for integrating hands on projects focused on campus and surrounding community into classes.

Session 2 - Understanding Microaggressions

10:00 a.m. - 11:00 a.m. with Minerva Muñoz, Dean for Institutional Equity
Library: Harmon Room

This workshop will help the Macalester community:

- Create awareness to recognize microaggressions
- Understand the context in which microaggressions emerge in our everyday life and how they reinforce the dominant narrative
- Develop techniques to counter the microaggressions that occur and help change behavior and increase understanding

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Thank you to all our
contributors,
participants, and
supporters.

