

**NIRCC/ICCET REGIONAL MEETING**  
**AUGUST 12, 2010**  
**SUMMARY OF REGIONAL MEETING**

**10:00**                    **Welcome and Introductions**

**10:10-11:00**            **“Joy on the Job”—Kelly Epperson**

- Kelly Epperson gave a lively and entertaining presentation to help find the funny, and focus on the positive, even in a negative environment. A little humor goes a long way. Laughing on the job actually increases productivity, learning, and overall health. Using the science of happiness, we can train our brains to be happy despite the daily stress we face. Fun does not belong to weekends only. You can find joy every day, at work! No matter what your situation, or what you’re a going through, humor helps.
  
- Kelly Epperson, a former IRS agent, now an agent of joy, teaches people how to find fun, humor, and happiness in their work and daily life. A writer/speaker/listener, Kelly's unique brand of wit and wisdom makes people laugh and think and feel a whole lot better. She is the author of "When Life Stinks, It's Time to Wash the Gym Clothes," and "365 Days of Joy - How to be Happy Every Single Day."

**11:00-12:00**            **Discussion**

**Budget Cuts—How are departments handling budget cuts?**

Everyone is facing budget cuts, and looking for creative measures to reduce costs. Ideas included sustainable measures to conserve energy (turning off lights, etc), using old fashioned pencil sharpeners, changing the font to a low ink, and several other small things.

**Travel Cuts—How do we stay connected?**

Attend in-state meetings & conferences, rather than national (out of state) conferences, using webinars, attend meetings along with other meetings (WeTrain & ICCET meetings in conjunction with ICCCA). Some colleges have not experienced cuts in travel budgets.

**Paper Schedules—Are you still mailing schedules? Cutting back?**

Some colleges were using best customer mailing lists, rather than mailing to the entire district. Some were still mailing to the entire district. Triton College stopped mailing their schedule for one year, and their enrollment dropped 40%. They are still trying to recover this loss, and went back to mailing their schedule.

**On-line Registration—Do you require payment at time of registration?**

On-line registration & Payment at time of registration: most colleges have online registration, which requires payment at the time of registration. They do not have convenience fees attached to this method of registration. Most colleges have registration fees (\$1 to \$6) to cover the expenses associated with registration. Most also have technology fees.

**Other topics?**

Workforce Investment Funding, Web page design and functionality, Google Analytics, Facebook (Social Media) marketing endeavors.

**12:00-1:00            Lunch**

An Anderson Gardens docent/speaker provided information on the creation of the Gardens and the Garden designer. Information included how the Japanese garden walk offers grace, elegance and gentle awareness exemplifies the Japanese cultural heritage of respectful humility in service to people of all cultures. In our hectic and stressful world, Anderson Japanese Gardens opens minds to a different culture while offering guests a place of peace and tranquility where they will find reflection, healing, renewal, inspiration and a re-energized soul.

**1:00                    Guided Tour of the Gardens**

A guided tour of the Gardens ended our day. It was an enjoyable experience. The guide/docent gave pertinent information about the history, foliage and Japanese culture.

**Next Meeting:        Thursday, December 2, 2010 Kishwaukee/Sauk Valley**