



MONTGOMERY COLLEGE RISING PROFESSIONALS ASSOCIATION

SPRING 2023 NEWSLETTER



Message from the president...



I'm writing with the joy and excitement that comes with the closing of Spring 2023, celebrating our association's enduring vitality and commitment. I reflect on how we started the new year with a half-day leadership retreat, a space where MCRPA committee chairs and vice chairs could reevaluate and recommit to our FY23 goals, and indeed, that commitment hasn't waned.

The year kicked off with a vibrant virtual Chat and Chill, where we dove into the intriguing duality of stress and relaxation. My heart swells with pride as I thank Megan Cooperman, MC's Employee Wellness Specialist and an active MCRPA member, who shared her insights and connections, ensuring a brilliant start to a challenging yet fulfilling semester.

The magic of February unfolded with our Valentine's Day Origami demonstration under the expert guidance of Nghi Nguyen; we folded our dreams into intricate paper mosaics, each crease echoing laughter, each fold reinforcing the creativity of MCRPA.

March saw MCRPA members coming together in a big way for the 2023 Staff Enrichment Day. Tilandra Rhyne, chairperson for the committee, led the day brilliantly, and we were elated to find that a significant percentage of the committee were our own MCRPA members. That same month, the Professional Development Committee hosted another insightful 'Chats with Chief' event featuring Dr. Muhammad Kehnemouyi. While the Marketing, Membership and Communications Committee sponsored a hybrid Open House event, providing a platform to engage potential new members and nurturing the relationships with our current ones.

As we moved into April, the Community Engagement and Events committee orchestrated a vibrant celebration of poetry month. The open mic style format was led by Dr. Elysse Meredith and Nghi Nguyen, providing a platform for members to share their creativity and perspectives, fostering an environment of mutual appreciation and respect. As a testament to our commitment to holistic wellness, we also initiated a weekly walking club across each campus. We're proud of prioritizing our members' mental and physical well-being, truly recognizing the value of a well-rounded approach to wellness.

Our five weeks of fun began with a plethora of exhilarating activities. From a lively bowling night to a fun Cinco de Mayo Happy Hour, from an exhilarating Karaoke session to our inaugural group travel program – a memorable 5-night cruise from Baltimore to Bermuda. This exciting venture into group travel turned dreams into reality for 12 members plus five of our family and friends and marked a momentous achievement for MCRPA. Will you be traveling with us on our next adventure in 2024?

The momentum carried us towards our 8th Annual retreat, planned by a dedicated group of members and led by PD Chair Elizabeth Schlackman. The planning committee landed on the theme “What’s Next? - Explore, Learn, and Grow.” Dr. Paul Miller’s keynote speech sparked insightful discussions that were continued through various engaging sessions led by our members. The retreat had everything from crafting to yoga and journaling to practical technology utilization. Our heartfelt thanks to Kimberly Bloch-Rincan, who offered an optional coaching session, and all our members who shared their talents with the group in attendance. We also welcomed Dr. Williams, who shared words of inspiration and affirmed our association’s support of the new strategic plan, especially regarding fostering a “sense of belonging.”

Looking back at our accomplishments and the many places and spaces MCRPA member volunteer, I am filled with pride. The recognition that our members have received for their service to the college and our students shine a light on the dedication that defines MCRPA. As we look ahead, I am excited about our planned events and the opportunities they represent for us to continue growing together. Together, we make MCRPA a beacon of professional growth and friendship across the MC community.

Thank you, everyone, for your unwavering support and engagement. Here’s to the fantastic journey that awaits us. Onward, MCRPA! The future is ours to shape, and I do not doubt that we will do so with our signature mix of dedication, enthusiasm, and creativity. Your voice, your talents, and your ideas are what truly make MCRPA the thriving community it is today.

As we go forth into the summer, let us continue to challenge, inspire, and uplift one another, all in service of our shared commitment to the students and mission of MC. Your participation and drive to lead are a testament to your devotion not only to our community but to the success of each and every student we serve.

We wish you a well-deserved break. Rest, rejuvenate, and rejoice in the knowledge that you are part of a community that values and celebrates you. I can’t wait to see you all in the next academic year, ready to continue our journey together.

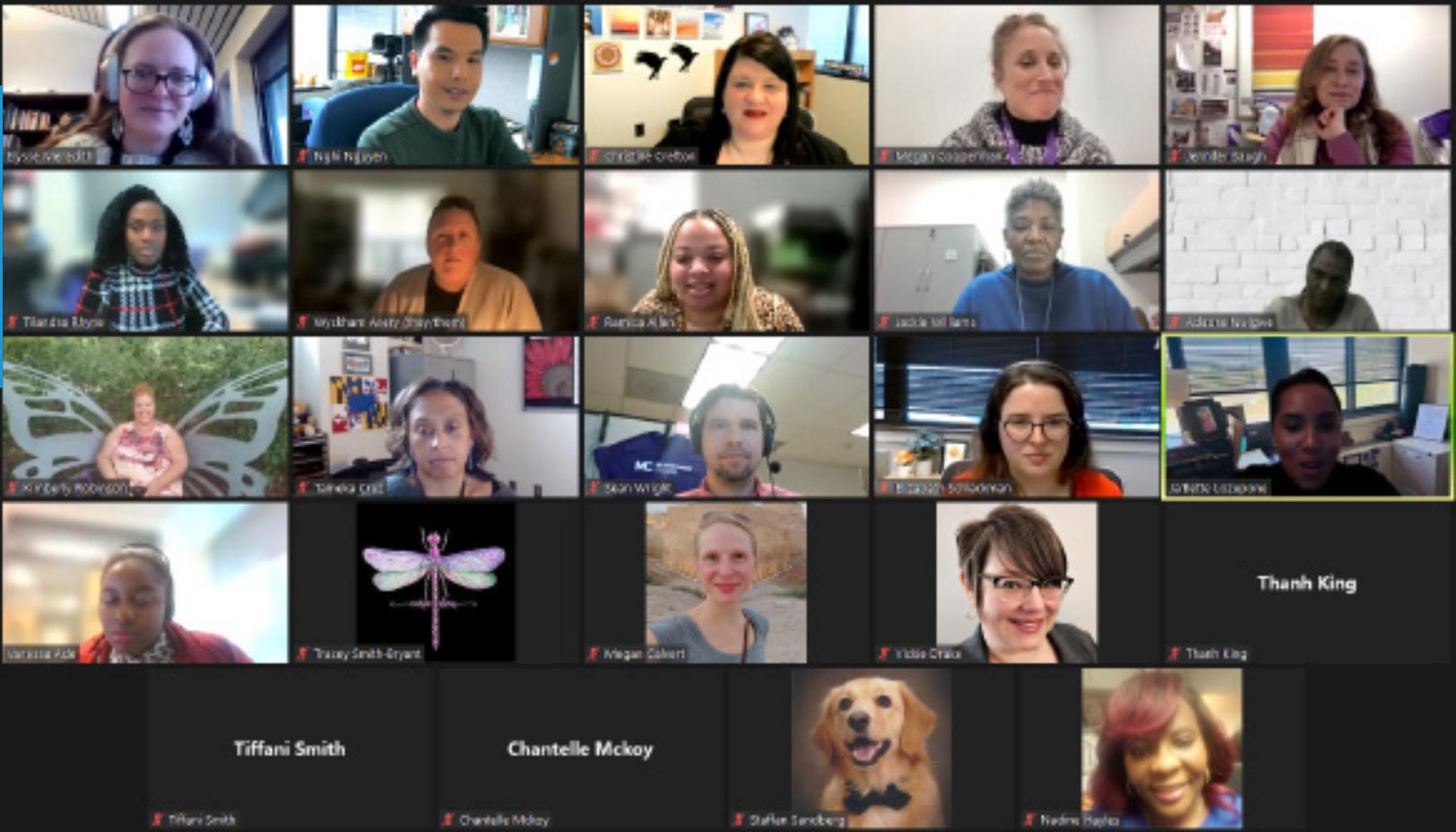
Stay inspired, keep dreaming, and let us continue to shape MCRPA together.

Yours in service,

Dr. Christine Crefton
President, MCRPA (2022-2024)

EVENTS





Cognitive-Behavioral

- Reframe the situation.
- Challenging previously held beliefs that no longer serve you.
- "Let it go."
- Lower your expectations.
- Ask others for help.
- Distancing yourself from the source of stress.
- Attitude of gratitude.

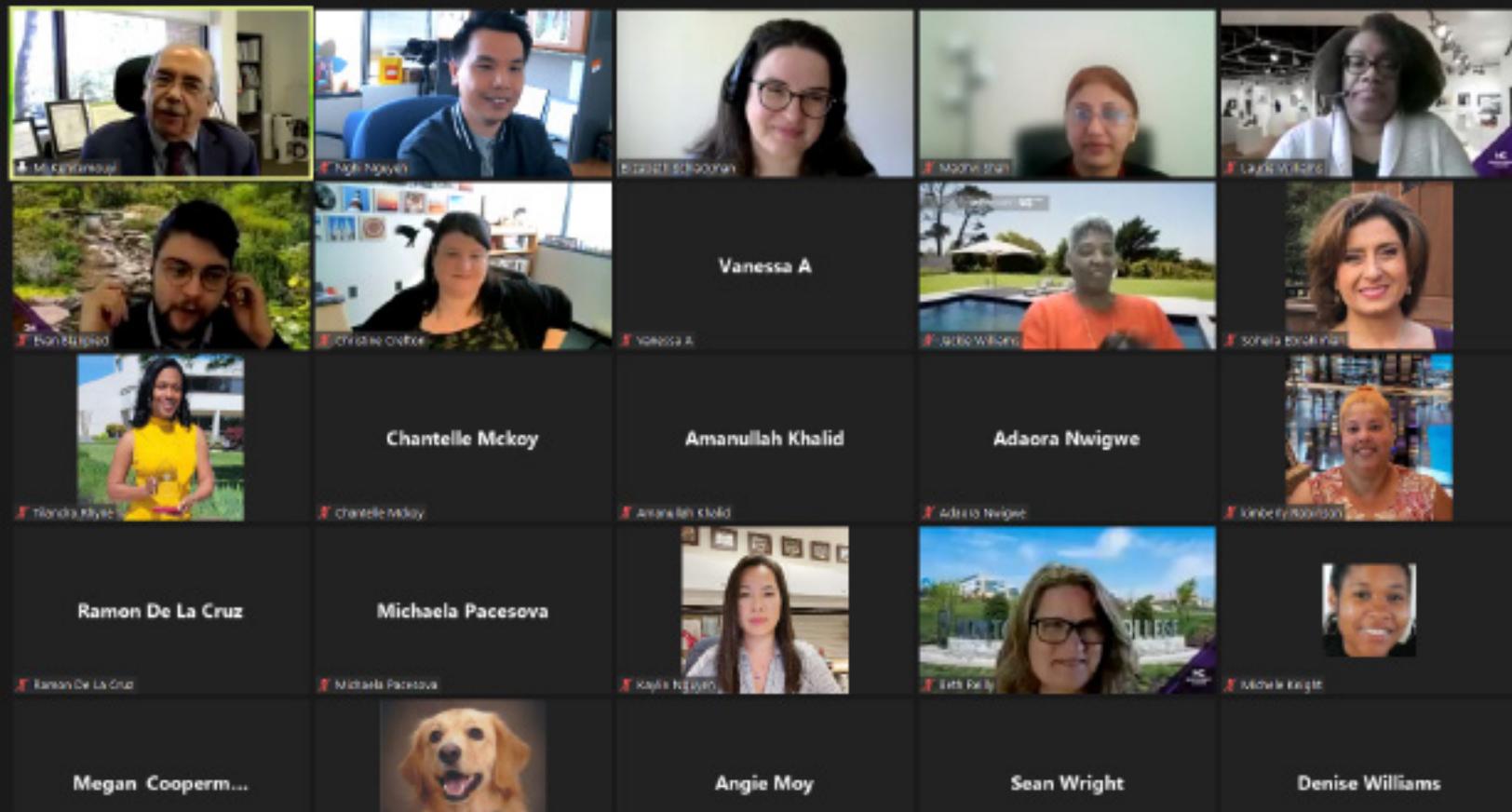
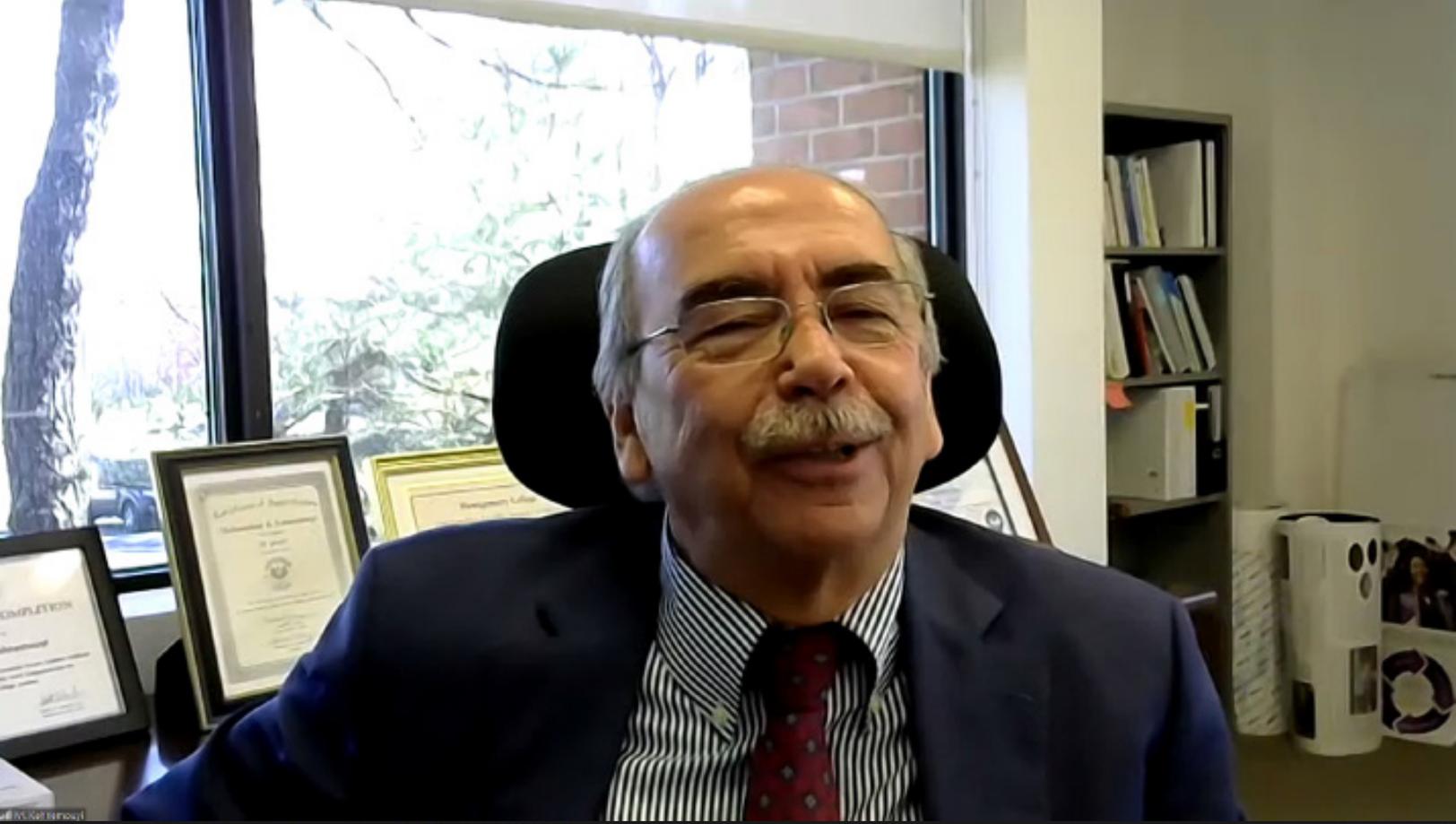
Wednesday, January 25

Zoom Chat and Chill: Stress & Relaxation

Tuesday, February 7

Valentine's Day Origami: Sweets for Your Sweet, Rockville Campus



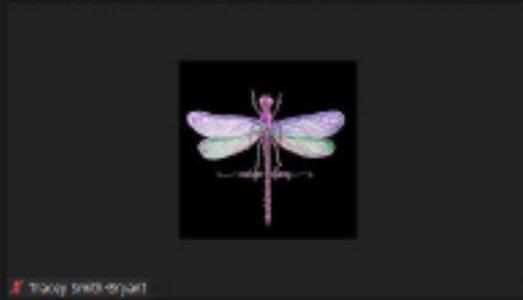


Tuesday, March 21
MCRPA Chats with the Chief featuring
Dr. Muhammad Kehnemouyi

Thursday, March 23

MCRPA Open House





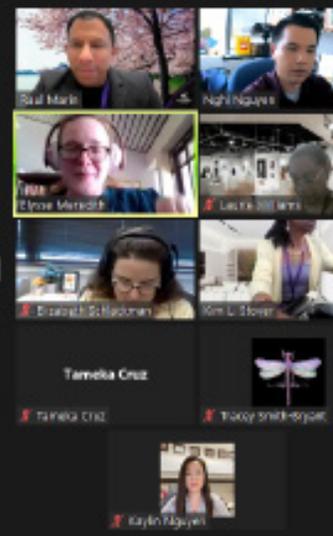
PowerPoint Slide Show - Poetry Chat & Chill (ACFPA 2023-24) - PowerPoint

Gateway Poetry: Haiku (in English)

- ▶ Three lines
- ▶ First line: five syllables
- ▶ Second line: seven syllables
- ▶ Third line: five syllables
- ▶ Traditionally focuses on nature, especially a small moment in time
- ▶ Expand to a *tanka* by adding two more lines of 7 syllables each
- ▶ (It's really more complicated than that in Japanese though)

▶ Example: "Haiku [for you]" by Sonia Sanchez

love between us is
speech and breath. loving you is
a long river running.



Thursday, April 13
Chat and Chill: Poetry Reading/Open Mic

April Walks for Health Wednesdays

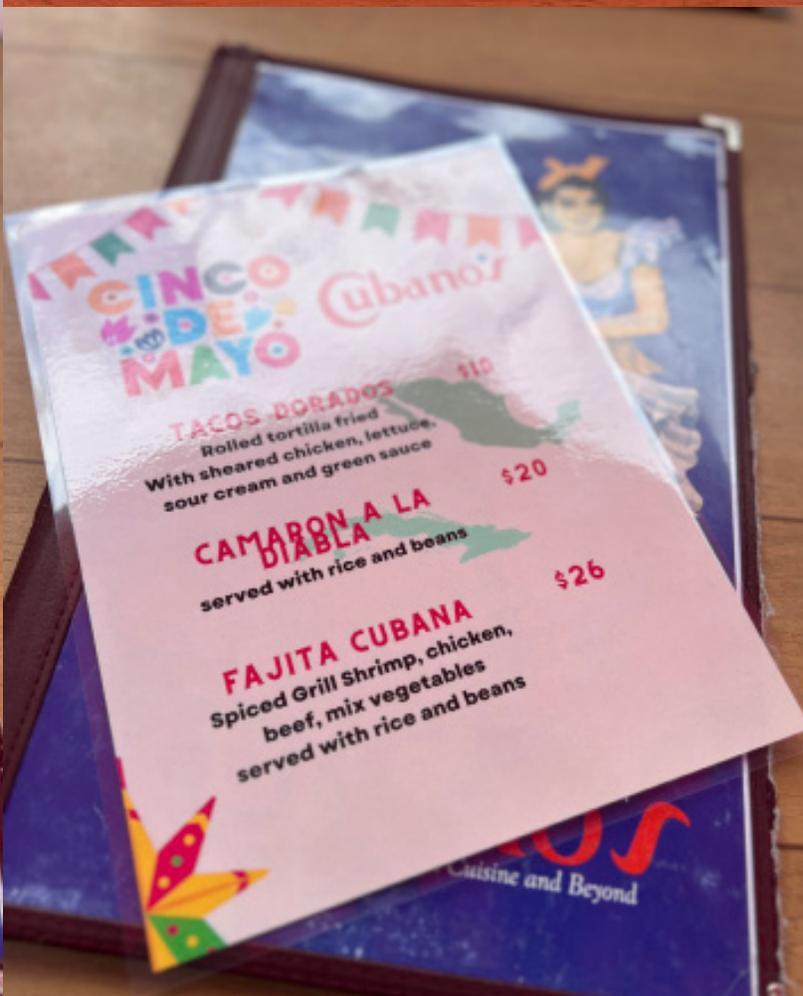




**MCRPA Five Weeks of Fun
Week 1: Bowling, Thursday, April 27**

MCRPA Five Weeks of Fun

Week 2: Social Hour, Friday, May 5





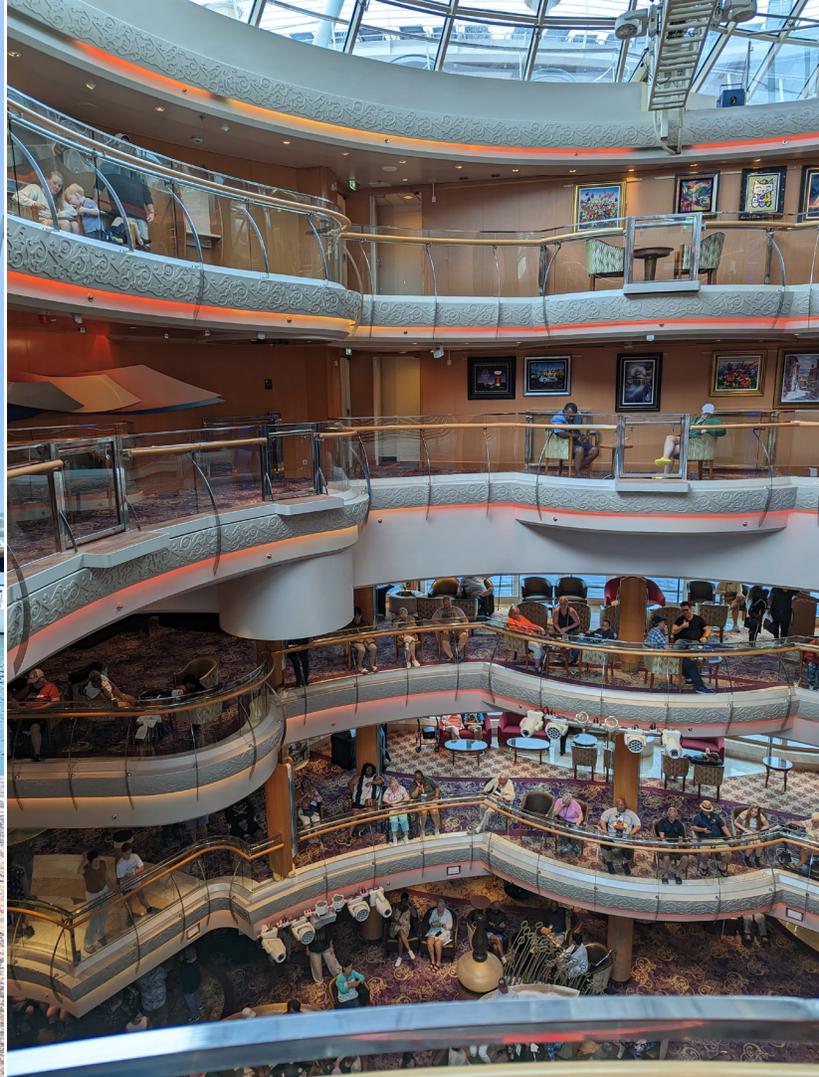
**MCRPA Five Weeks of Fun
Week 3: Karaoke, Tuesday, May 9**

MCRPA Five Weeks of Fun Week 4: Leadership Cruise Bermuda, May 20-25

































**MCRPA Five Weeks of Fun
Week 5: MCRPA 8th Annual Retreat
Tuesday, May 30**





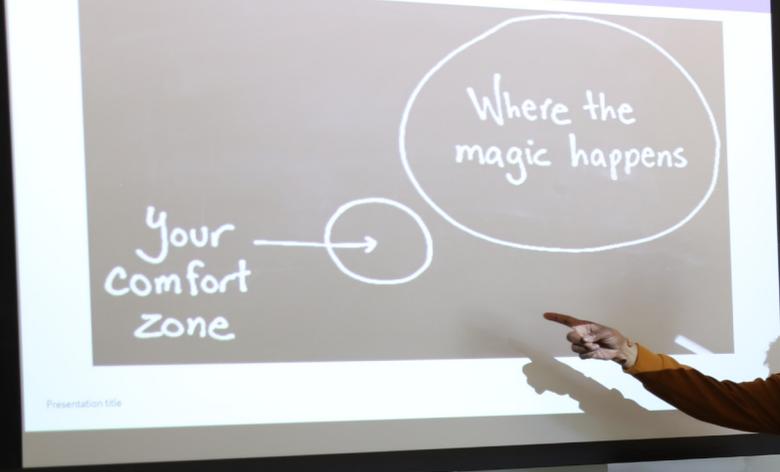








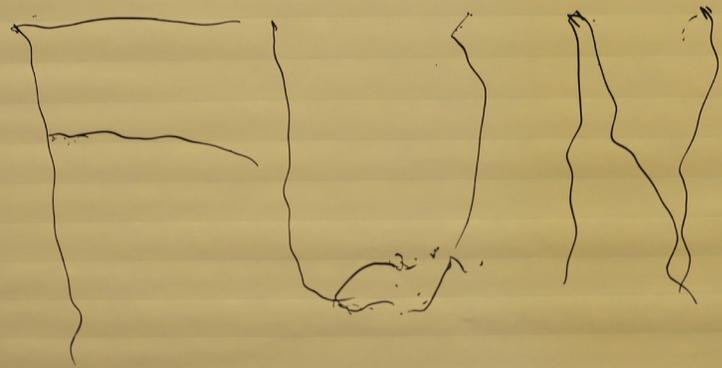




Karaoke



axe throwing
Halloween party



Endless Possibilities

Expanding Network

Education Degrees

Grow yourself and others

change in perspective
Make your move

training
chat w/ chiefs

Growth

Professional development opportunities

Support





meet new people
New challenges

Develop &
Cultivate ^{New} Skills

evolution

adventure
new perspectives

Welcoming





VOLUNTEERS



Asian American and Native American Pacific Islander Heritage Month Kick-Off Festival



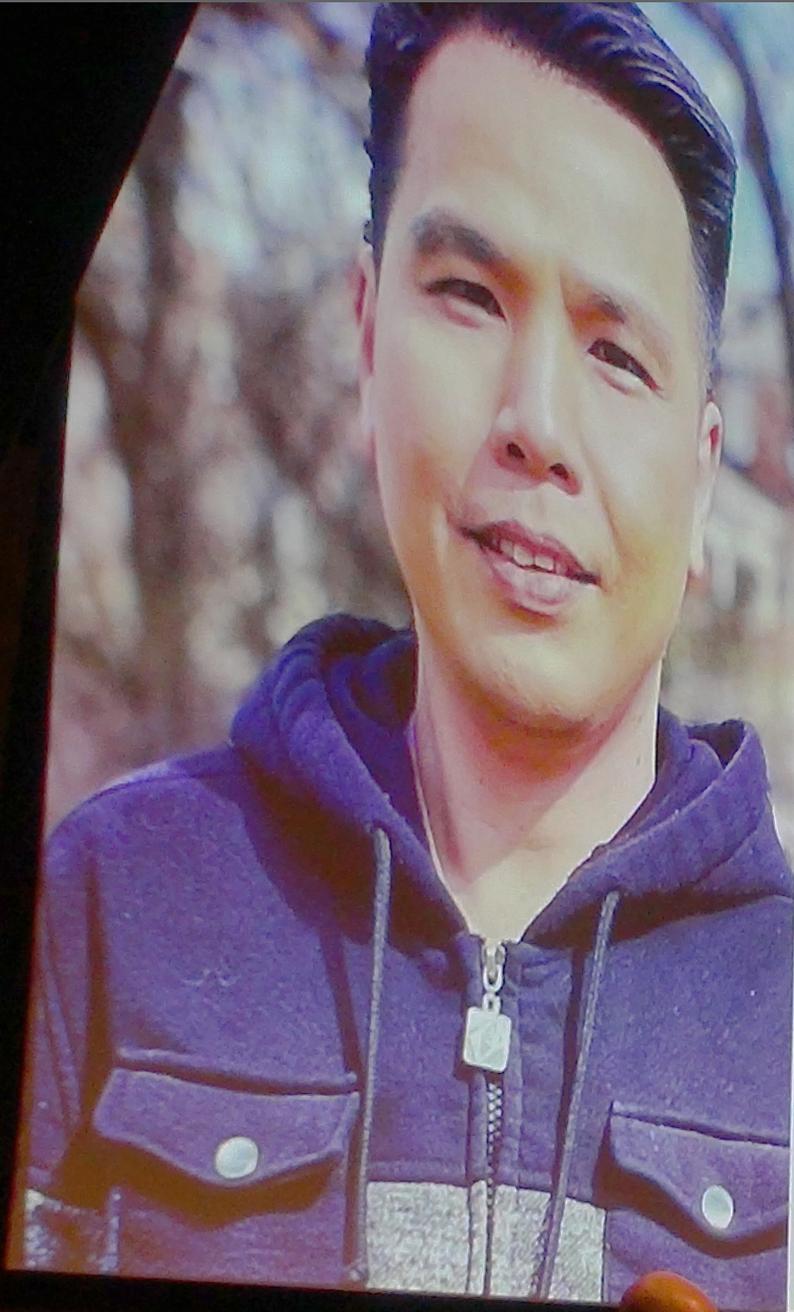


Mobile Market

AWARDS



**Staff Enrichment Day
Staff Distinguished Award
MCRPA Secretary Nghi Nguyen**



Mr. Nghi Nguyen

Web and Multimedia
Specialist

Office of E-Learning,
Innovation, and
Teaching Excellence
(ELITE)

MC
MONTGOMERY
COLLEGE



Outstanding Staff Awards Staff of the Year MCRPA President Christine Crefton



Outstanding Staff Awards Excellence in Innovation Jennifer Baugh



Outstanding Staff Awards Excellence in Customer Service Kaylin Nguyen



Montgomery College
This Outstanding Staff Service Award
for 2022-2023
is hereby presented to
Dan Rankin
for
Excellence in Customer Service

Montgomery College
This Outstanding Staff Service Award
for 2022-2023
is hereby presented to
Kaylin Nguyen
for
Excellence in Customer Service

**National Institute for Staff and
Organizational Development
(NISOD) Award
MCRPA Membership Chair
Tilandra Rhyne, Thanh King, Angie Moy,
and Alejandro Leopardi**



Equity and Inclusion Awards MCRPA Vice President Paul Miller and Danielle Stescki



MC Foundation Innovation Grant Tilandra Rhyne and Paul Miller



MC Foundation Innovation Grant

Paul Miller

Student Training and Resources (STAR) Network
Powered by ELITE



MC Foundation Innovation Grant

Andraé L. Brown
Tilandra Rhyne

Dear Younger Me:
The Immersive Experience Instillation



See You in Fall 2023!

