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Sent: Wednesday, April 6, 2022 1:05 AM
To: foothill
Cc: centralservices
Subject: Re: Resilience

Welcome to Spring Quarter!

To reiterate some comments of our second speaker, Anya Kamenetz, on Monday's Flex Day, "resilience" begins with:

- rest
- self-care
- controlled exposure
- having a clear eyed view, and
- planning for newness and improvisation

Given the pandemic and the leadership issues of the last few months, I can only salute all of you for staying the course, focusing on our students, and protecting the integrity of Foothill College. In spite of all the turmoil, you have shown a remarkable resilience that is beyond belief. Your collective love for and loyalty to this college are palpable and demonstrated every day and every night. You have demonstrated remarkable resilience and fortitude and embody our core values, especially those of trust, integrity, and honesty.

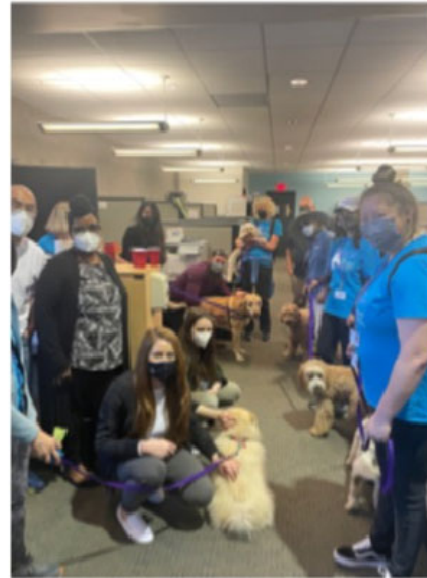
As we carefully and cautiously emerge from this pandemic and the tumultuous times that brought my return to Foothill, I can only applaud you for always keeping our students, their well-being, their welfare, and their academic progress at the forefront. This is best evidenced by the recent Board of Governors for Community Colleges' statewide student leadership award to our own Fatai Heimuli, our very own student body president. She is one of three awardees from nominees from 116 colleges throughout the state! Congratulations, Fatai!

To remind us of what our speaker said, resilience begins with rest and self-care and from that emerges a clear eyed view and planning for newness and improvisation. I am certain we have all learned a lot from sheltering in place and how we can be resourceful, inventive, and innovative. As we begin this spring quarter, we are beginning with a fresh start, as we emerge from sheltering in place, and can begin to reinvent, rethink, reimagine, reconceptualize, and refocus on how we go about our work and how we can utilize what we have learned from being remote and how we can combine the best of what virtual experiences can offer with the best of being in person. It is not "either or" but both and we must remember, we are here to maximize the student experience in every way we can.

I also hope that you had the opportunity to enjoy Frank Cascarano and David Marasco's *Physics Show*! It was a real opportunity to experience what they do so well in attracting the community to come to Foothill, and now I know why someone can lie on a bed of nails and have a cinder block on top, broken with a sledge a hammer, and survive (!); or why a bag of potato chips puffs up in an airplane.

If you didn't get a chance, the *Furry Friends* and *Animal Assisted Happiness* groups will return during finals week, to relieve students, and everyone else, of end of the year stress. Self-care should be an important

theme for all of us. Note the math department having a “bunny moment” below and the student services team having a “furry moment.” (sorry for the lack of formatting)



Yesterday’s flex day included some amazing and highly informative workshops and an introduction to our new governance model, as well as a review of the key elements of the job description for the presidential search. This will be a very busy spring quarter as we continue our transition to an on campus presence so that our students can experience what college is really like. But keep in mind, our collective well-being is all important in this “recovery” period of the pandemic.

Best regards,

Bernadine

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