

# Sabbatical 2017-2018

## The journey and the destination

Sabbatical is not so much about who you are as it is about who you can become given the time to focus on specific purposes.



Life can take us on unexpected paths as unforeseen events occur.

An outline of the sabbatical journey:

Adjustment

Lifestyle

Study and work projects

Family

Travel and exploration

Conclusion



# Adjustment

- Every day with my spouse – team function and long term decisions based on research and analysis
- Catch up on outstanding projects
- Stress reducer- Not checking and answering emails, not attending meetings not having to make constant phone calls



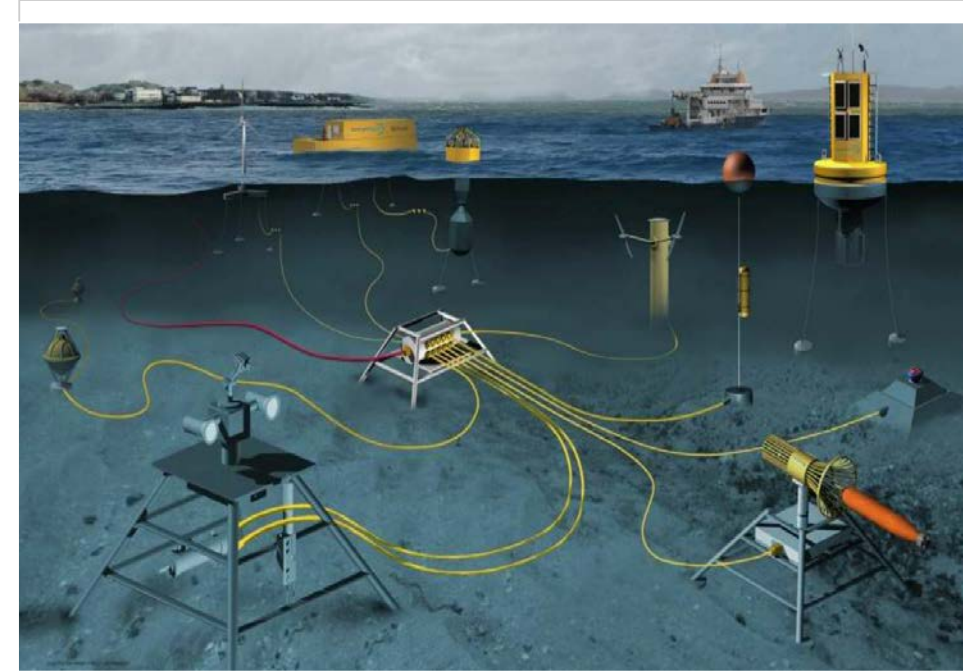
# Lifestyle

- Personal 'Blue Zone' project:
  - Habits
  - Choices
  - Meals
  - Exercise
  - Meditation
  - Family/friends
  - Community
  - Reading- "The Blue Zones", "Blue Zone Solution", "The Spectrum", "Everyday Cooking with Dr. Dean Ornish", "Reversing Heart Disease"

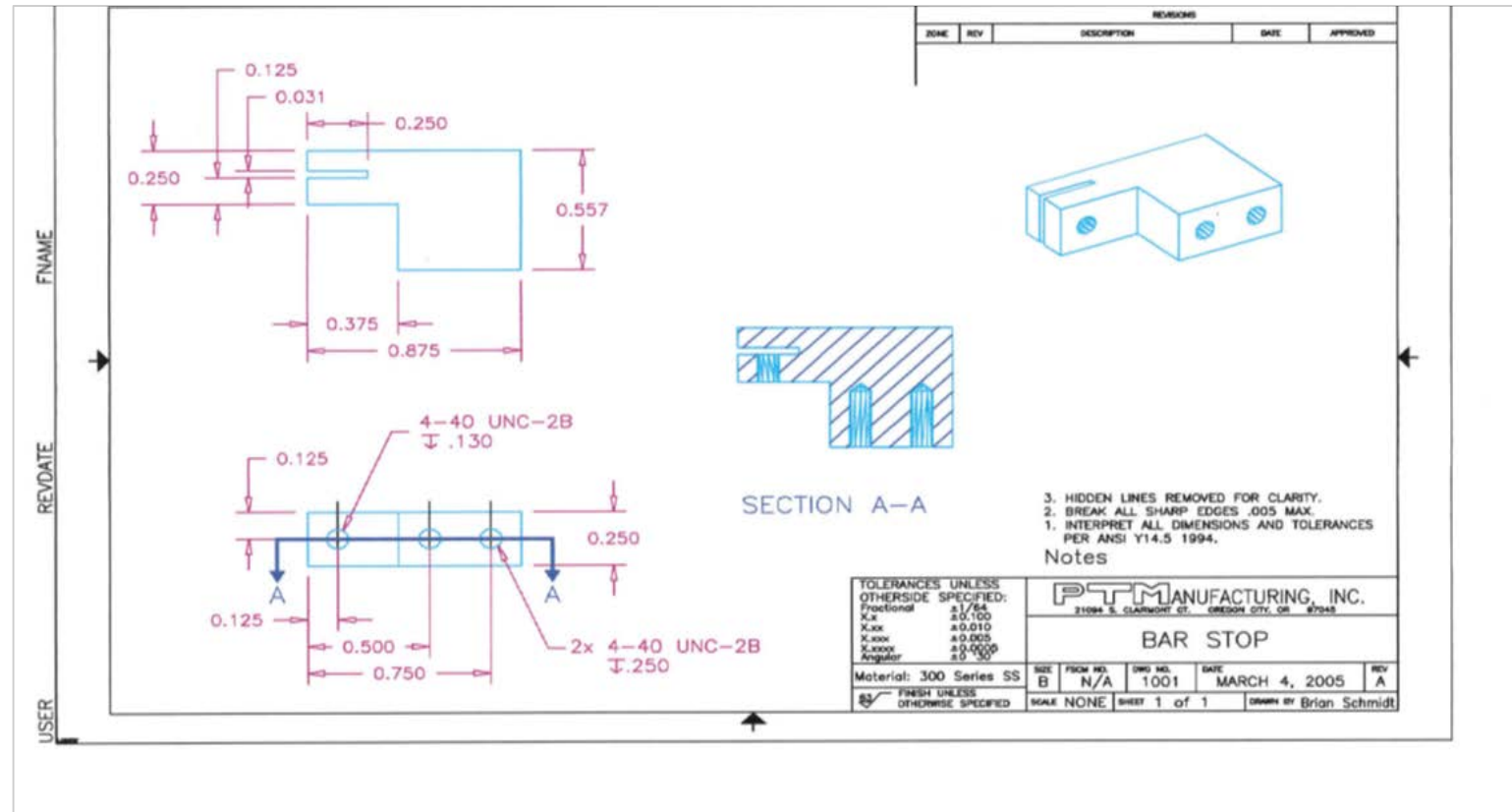


# Projects

- Ocean Renewable Energy
  - NNMREC
  - Online course development
  - OSU connection
  - Marine Science Center
  - The next 'Level'



# Manufacturing



- Fundamentals of Tool Design I & II (MFG 343 & MFG 344)
  - Online sequence with 'Zoom' delivery with virtual classroom
  - Online upper division engineering courses- doc sharing, virtual classroom problem solving, project team feel with presentations and report out briefing
  - Encourage student brainstorming and dialog

# Mobile and remote class rooms

- Teach while traveling extensively in an RV throughout the west US.
- Create virtual classroom w/internet signal- determine ahead of time the strength and connectivity at teaching site.  
<freecampsites.net>
- Cell and internet signal strength, location, directions, surroundings, conveniences, road noise, town proximity etc. Journal for 'A' sites.
- Teaching professionals on vacation or retired instructors- underutilized resource.



# Off the grid cabin

- The dream- remote fishing cabin boat only access. Research, design and build power and water collecton systems.





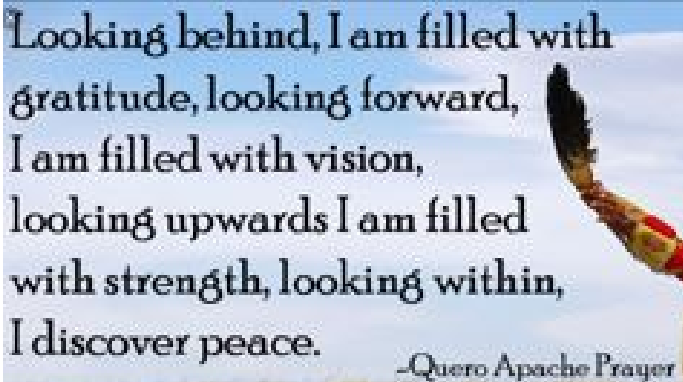
# Family

- teaching
- working
- building
- welding & electrical
- plumbing & carpentry
- swimming
- boating
- farming
- history
- design
- manners
- art of discussion
- cooking
- computers
- money values



# Conclusion

- Reflection on life
  - Organize
  - Travel and exploration
  - Restore and recharge
  - Plan for future
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- I would recommend sabbatical for anyone who wants to refresh their hard drive and clear their desktop and open the next page to their future and their students' future.



Looking behind, I am filled with  
gratitude, looking forward,  
I am filled with vision,  
looking upwards I am filled  
with strength, looking within,  
I discover peace.

-Quero Apache Prayer