

When the Weather Heats Up—Make Sure You Stay Hydrated

We have Gatorade on sale for \$1 per bottle. Just check at the front desk.

Consume Sea Salt—Did you know that sea salt can help you stay hydrated? You want to do is get all-natural sea salt — either Celtic sea salt or Himalayan salt — and sprinkle a little bit on your food as well. The benefits of sea salt all center around hydration, because when you drink water, you also need sodium and potassium. Sea salt helps balance your water and potassium levels due to its sodium content, in addition to alkalizing the body, and research shows that sodium and potassium enhance hydration.

Some of the most hydrating foods include: Celery, Watermelon, Cucumber, Kiwi, Bell peppers, Citrus fruit, Carrots, Pineapple, Iceberg lettuce, Radishes, Tomatoes, Cauliflower, Spinach, Berries, Broccoli



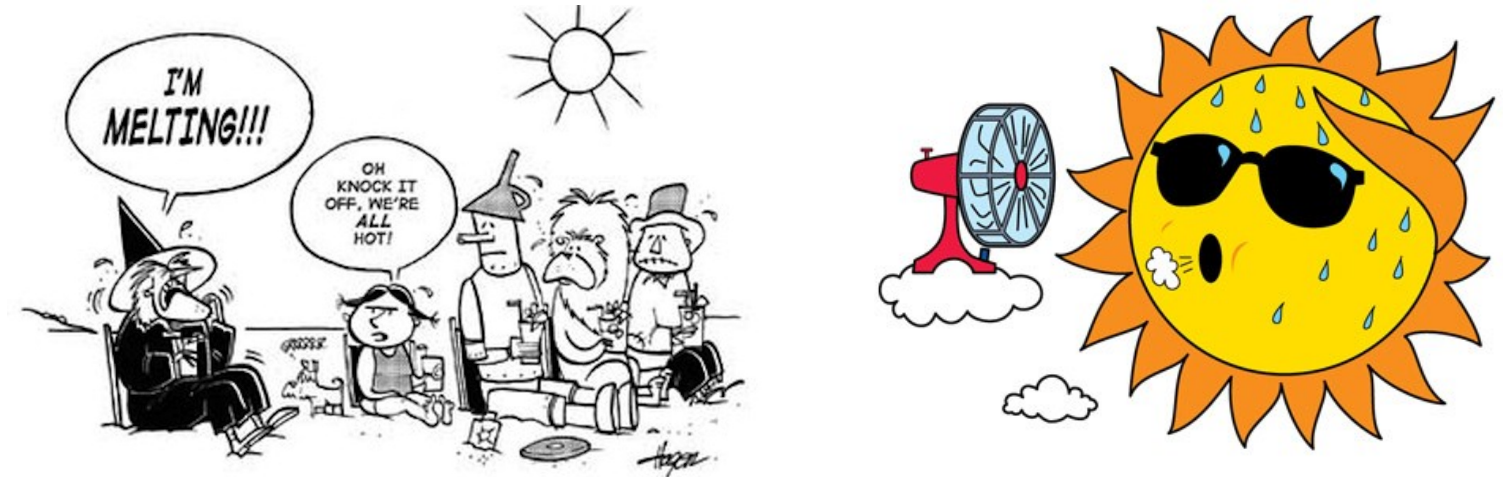
Wildlife isn't just found at the Balm Location!

Check out this cute little guy hanging out at our Plant City Campus. Jason Steward was luck enough to catch sight of this raccoon in their parking lot. Raccoons are noted for their intelligence, with studies showing that they are able to remember the solution to tasks for at least three years. They are usually nocturnal and omnivorous, eating about 40% invertebrates, 33% plants, and 27% vertebrates. The original habitats of the raccoon are deciduous and mixed forests, but due to their adaptability they have extended their range to mountainous areas, coastal marshes, and urban areas, where some homeowners consider them to be pests. As a result of escapes and deliberate introductions in the mid-20th century, raccoons are now also distributed across much of mainland Europe, Caucasus, and Japan.




Do you have beauty products that you are not going to use, here's a company that accepts both unused and used products and gives them to women shelters.

<https://projectbeautyshare.org/get-involved/donate>



GCREC Employee News

June 2019

- JUNE Birthdays** 
- 1...Jeb Cofer
 - 6...Scott Hughes
 - 11..Vance Whitaker
 - 14..Johanny Zabala
 - 14..Natalia Salinas
 - 16..Catalina Moyer
 - 16..Joel Parlin
 - 17..Andrew Shirley
 - 19..Manuela Rodriguez
 - 21..Lisa Taylor
 - 30..Juliana Silveira Baggio

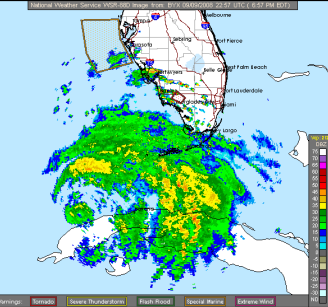
A June History Lesson

Juneteenth, also known as Juneteenth Independence Day or Freedom Day, is an American holiday that commemorates the June 19, 1865, announcement of the abolition of slavery in the U.S. state of Texas, and more generally the emancipation of enslaved African Americans throughout the former Confederate States of America. Its name is a portmanteau of "June" and "nineteenth", the date of its celebration. Juneteenth is recognized as a state holiday or special day of observance in forty-five states.

Today it is observed primarily in local celebrations. Traditions include public readings of the Emancipation Proclamation, singing traditional songs such as "Swing Low, Sweet Chariot" and "Lift Every Voice and Sing", and reading of works by noted African-American writers such as Ralph Ellison and Maya Angelou. Celebrations may include rodeos, street fairs, cookouts, family reunions, park parties, historical reenactments, or Miss Juneteenth contests. The Mascogos, descendants of Black Seminoles, of Coahuila, Mexico also celebrate Juneteenth.

Welcome to the 2019 Hurricane Season!

June 1st marked the beginning of the 2019 Hurricane Season and Tampa Bay has consistently dodge a bullet the past few years. However, being prepared for any weather event in the summer months is nothing to ignore. GCREC Hurricane Guides are located in your lab mail boxes today and extras are available at the front desk, copy room and main breakroom. Weather experts are expecting at least four major hurricanes this year, so take the time to get your supplies ready now—don't wait until the weather event is lurking off shore, it might be too late.



It's the Most Wonderful Potluck of the Year!
International Potluck is Friday, June 14th
12 noon in the auditorium

Bring your favorite family dish from your home country, county, state or hometown. This is your time to show off your culinary skills and a chance to try some new and delicious recipes. See you there!

Don't Miss these GCPSA Events Scheduled for this Summer!

Seminars: 6/27 Khanal Churamani
7/11 Saket Chandra
7/18 Youngjae Oh and Jeehye Sung
7/25 Juliana Baggio
8/8 Dolly Cummings

Thursday 6/13 The GCPSA would like to invite you to a FREE WORKSHOP on scientific poster and abstract writing presented by Dr. Mickey Schafer of the UF Writing Department.

It will be held 11 a.m. – 2 p.m. in the auditorium. Everyone is welcome to attend, but you must register by June 7th using this link: <https://gcpsaworkshop.eventbrite.com>. Lunch is included for registered participants!

FY2019 Year End Closing Deadlines

Travel Authorizations: Tuesday, June 18, 2019 – Last day to input a Travel Authorization (TA) or Expense Report to ensure payment from FY19 funds. It is also the deadline to cancel all TAs not needed in the Travel and Expense Module.

Requisitions: Wednesday, May 8, 2019 – Orders above \$75,000 on appropriated funds that require competitive bidding should be submitted by this date to ensure that FY19 funds are encumbered. A sealed bid/solicitation requires at least 30-45 days to specify, advertise, open, evaluate, award and post, before a purchase order can be issued.

Friday, June 14, 2019 – All appropriated fund requisitions for FY19 must be entered into my UF Market by this date to ensure POs are encumbered against FY19 appropriated funds. For FY19 requisitions on appropriated funds after this date, contact Procurement Services to coordinate any requests to encumber appropriated funds.

Procurement Card: Because of timing issues with vendors submitting procurement card transactions to their bank, there is no way to determine the exact date a transaction will be sent to UF by our bank and loaded into the PCard module. It is suggested all pcard transactions, to be charged to FY2019 funds, be done before Monday, June 3, 2019.

Cash Based Funds (171, 181, 211, 212), and 201/209 Funds: The cumulative budget feature of these funds will allow for POs to remain open across fiscal years. Note: cash based fund with an end date do not carry over beyond the end date.

Payroll: Thursday, June 20, 2019 – last day for FY2019 distribution changes and last day for retro's.

Mandatory Inmate Training Scheduled for June

We have the dates for the inmate training and these training sessions are **mandatory**.

If your new employees want to supervise inmates, they have to take two days of training.

All current employees with this privilege are required to attend an update as well. If you don't attend, you will not get a supervisory card.

Training for all new employees - Wednesday and Thursday June 26 and 27

Training for all current employees – Friday June 28

Check your mail for specific times for these training sessions.

If you are a new employee that has not completed a DOC Background Check Form and will need to participate in this program, come to the front desk and pick up a form as soon as possible.

Hops Field Day a Major Success thanks to the Agehara-Deng Team!

Contributed by Amanda Rivera, Agehara Lab

The Hops Field Day was held this past May 23rd. A total of 110 persons participated in the event including commercial growers, home gardeners, brewers, extension agents and UF scientists. Participants had the opportunity to see our newly debuted hops yard (1 acre), equipment necessary for its construction, and a demonstration of twines installation. This year, we featured a demonstration of a hops harvesting machine at work, operated by Chris “Cornbread” Delcastillo and Tyler Orr. UF scientists, experts on crop physiology, breeding and pest management were bringing their experiences growing hops at GCREC. The attendees had the opportunity to ask many questions about cultivar selection, photoperiod manipulation, cultural practices and pest control, water management and construction costs. Overall, the participants gained interest in growing hops after attending the field. 23% of the attendants have hop yards distributed in North, South, East and Central Florida, and 50% of the participants are planning to grow hops in the near future.



Don't miss out on Important Communications—Check Your Email EVERYDAY!

Time and time again we hear people state they didn't know about a policy change or a scheduled event because they didn't check their email. Effective communication in the workplace is important because it allows faculty and staff to share vital information, which helps our center succeed. Effective communication, also called open communication, prevents barriers from forming among individuals within companies that might impede progress in striving to reach a common goal. Email is the easiest and most common way to alert the entire center of important communications, and not checking your email will cause you to miss out on important information. Don't use the tired excuse “I didn't read my email”. Paper memos are out—Emails are in. Make it a habit to check your email everyday upon arrival or at the end of the day.

