

# The Link



Photo by August Jennewein

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## President's Message

### *Greetings!*

UMSL Staff,

I am thrilled to begin my service as your new President of the UMSL Staff Association with this invitation to the 2nd Annual Ice Cream Social & Staff Picnic on Friday, Aug. 5, 2011. Please join me and your Staff Association Council members and building representatives for a sandwich, chips, soda, and ice cream at Oak Hall on South Campus to kick off another great year.

Also, throughout the coming academic year, we need your help. Please mark your calendars for the third Wednesday of each month for the Staff Association Council meeting, which is open to all full-time UMSL staff. Your participation, through support, thoughts and ideas, and good old-fashioned feedback, is critical to helping the Staff Association Council foster unity among staff and encourage productive communication about improving work life at UMSL. I strongly urge you to attend one or more Staff Association Council meetings over the next year as we address important campus topics that affect all UMSL staff.

I do want to thank our new council members for their generous commitment of time and effort over the upcoming year to this important work. We still have a few council representative vacancies and are looking for volunteers to fill those vital roles. Please contact me (516-5899 or [labriera@umsl.edu](mailto:labriera@umsl.edu)) or your Staff Association Unit representative ([www.umsl.edu/services/sassoc/units.html](http://www.umsl.edu/services/sassoc/units.html)) if you are interested.

In the coming year, I hope we can continue the good work of former Staff Association President, Chris Scheetz and previous council members. Thank you very much for all of your hard work. We look forward to Chris' continued leadership as the Intercampus Staff Advisory Council Chairperson and service on the UM Presidential Search Committee.

I also look forward to meeting and working with all UMSL staff. Please don't hesitate to stop by and say hello when you're in Woods Hall.

Sincerely yours,

A handwritten signature in black ink that reads "Amanda LaBrier". The signature is written in a cursive style.

## Riverstars Employee of the Month



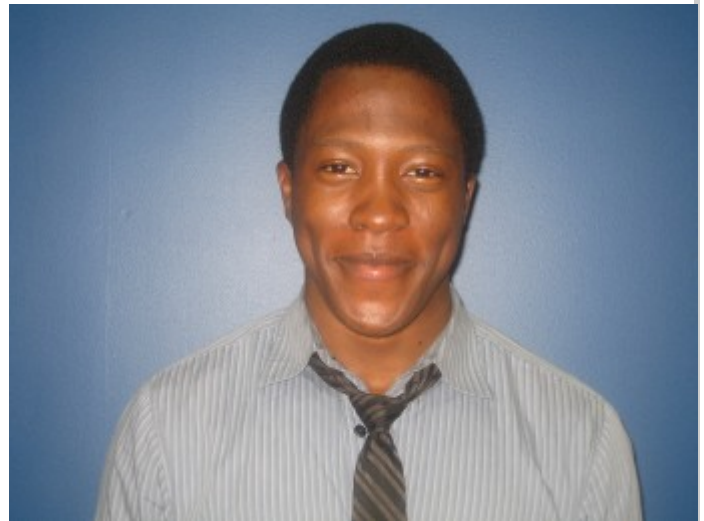
**June 2011 Winner**  
**Superb Communicator**

**August Jennewein**  
Senior Information Specialist  
University Communications

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## Volunteer of the Month-June 2011

"Ernest came to help me organize my Kids Voting materials and clean out my storage room for another group--not only was Ernest a great worker, dependable, with a terrific attitude, but Ernest went above and beyond regular volunteer duties. When we were taking trash to one of the large dumpsters behind the GSB, my car keys with electronic starter, fell into the dumpster which was full of water at the bottom. (The



Dumpster is at least 8-10 feet deep.) As I panicked, Ernest lowered himself into the dumpster and went looking through the water searching for my keys. He finally found them in the corner of a cardboard box--undamaged from the water surrounding the box. He then hoisted himself back up with car keys in hand. Ernest indeed is my hero and very deserving of volunteer of the month. As a side note, it costs about \$450 to replace the electronic starter key--I can't tell you how much Ernest's efforts both "on & off the field" meant to me. He's a great person - I wish I could keep him as a volunteer all year long."  
Sandy Diamond - Kid's Voting

**Ernest Osaghe**



## Meet Staff Council - Karen Bartoni

### What is your position on the Staff Council?

I was elected to serve as one of the Unit Reps for Lucas Hall, Clark Hall, and the Fine Arts Building. I am also serving as the membership committee chair. This will be my first year serving on Staff Association and I am very excited about this opportunity.

### Why is the Staff Association important to you?

As a staff member I feel a strong responsibility to ensure that my colleagues are satisfied within their positions at the University. What can I do to make their work environment a better place? Are there ways that we can motivate ourselves other than a monetary reward? How can we come together as a team to make UMSL the best university in St. Louis? I absolutely enjoy every aspect of my job, I love the daily challenges and that I am learning something new everyday. What better way to embrace new ideas!

### What is your position at the University?


I am the Administrative Associate for the English Department, History Department and the Writing Lab. I came to UMSL from Rockwood School District – Lafayette High School and the Center for Creative Learning. At Lafayette High School I served as the liaison for the Voluntary Interdistrict Choice Corporation (VICC) program, which, oversees the implementation of the metropolitan area desegregation program, with responsibilities for facilitating transfers of city students to suburban school districts and suburban students to city magnet schools. I also served as the Identification Specialist for the gifted program at the Center for Creative Learning.

### What are your hobbies and interest?

I have raised two wonderful young men and just had my first granddaughter – Eleanor Paige. I am a devoted public servant committed to the following organizations: **Conscious Choice** - This program is especially designed for high school girls to help them make appropriate life choices and to remove barriers and/or challenges to graduate. Participants have an opportunity to win various scholarships and participate in other extracurricular activities. The program culminates with an awards banquet and ceremony recognizing outstanding achievers. **Missouri Jobs for Justice** - St. Louis Area Jobs with Justice is a coalition of community, labor, student and religious groups committed to fighting together for economic justice in St. Louis. Most of us have been working together for years on one issue or another. Jobs with Justice gives us a chance to remain united and respond quickly when action is needed. **Pedal The Cause** - Our mission is to provide funding for cancer research at Siteman Cancer Center and St. Louis Children's Hospital through our annual cycling challenge. It is our hope that research funded by Pedal the Cause will ultimately lead to a cure for cancer. Founded in 2009, Pedal the Cause has the goal of creating a community-wide cycling fundraising challenge in which all donations raised will stay in St. Louis to provide direct funding for cancer research, cancer discovery grants and clinical translational care not currently eligible for federal funds. Our research beneficiaries include the Cancer Frontier Fund, an initiative of The Foundation for Barnes-Jewish Hospital benefitting research at Siteman Cancer Center and the Children's Discovery Institute at St. Louis Children's Hospital. Additionally, donations from Pedal the Cause will make a positive economic impact in the St. Louis community as stronger research funding will continue to support this high profile and critically important cause. In December 2010 I was diagnosed with stage 1 bladder cancer. I finished phase one of my treatments in June and will begin phase two sometime in August. All is well and I expect a complete recovery! My perseverance to come to work each day was due to my wonderful colleagues that I have here on campus. The University has become my second family that I enjoy immensely! I have a new favorite saying this year "I am not afraid of tomorrow for I have seen yesterday and I love today!"

## Tips for Productivity at Work

Do you feel like there is too much on your proverbial work-plate and have a hard time staying productive in the face of being overwhelmed? Listed below are some easy tips from the Mayo Clinic that might help tackle that mountain of work that you need to get done.

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- **Plan each day.** Planning your day can help you accomplish more and feel more in control of your life. Write a to-do list, putting the most important tasks at the top.
  - **Prioritize your tasks.** Time-consuming but relatively unimportant tasks can consume a lot of your day. Prioritizing tasks will ensure that you spend your time and energy on those that are truly important to you.
  - **Say no to nonessential tasks.** Consider goals and schedule before agreeing to take on additional work.
  - **Delegate.** Take a look at your to-do list and consider what you can pass on to someone else.
  - **Take the time you need to do a quality job.** Doing work right the first time may take more time upfront, but errors usually result in time spent making corrections, which takes more time overall.
  - **Break large, time-consuming tasks into smaller tasks.** Work on them a few minutes at a time until you get them all done.
  - **Practice the 10-minute rule.** Work on a dreaded task for 10 minutes each day. Once you get started, you may find you can finish it.
  - **Limit distractions.** Block out time on your calendar for big projects. During that time, close your door and turn off your phone, pager and e-mail.
  - **Get plenty of sleep, have a healthy diet and exercise regularly.** A healthy lifestyle can improve your concentration and efficiency so that you can complete your work in less time.
  - **Take a time management course.** If your employer offers continuing education, take a time management class.
  - **Take a break when needed.** Too much stress can derail your attempts at getting organized. When you need a break, take one. Take a walk. Do some quick stretches at your workstation. Take a day of vacation to rest and re-energize.

Source: <http://www.mayoclinic.com/health/time-management/WL00048>

## Did You Know?

UMSL offers many professional development courses, including time management via MyLearn:

<http://www.umsystem.edu/ums/hr/mylearn>

## Save the Date

UMSL Smoke Free Campus	July 1st	Campus Wide
Staff Ice Cream Social	August 5th 11am-1pm	Oak Hall
Fall Classes Begin	August 22nd	Campus Wide



The Staff Association would like to invite all staff to our 2nd annual Ice Cream Social and Picnic. Fun, food and games!

Please see the flyer at the end of this publication for more details!



Want to be in the know? Get up-to-date information on what's happening around UMSL by "liking" the newly rebranded UMSL FaceBook Page! <https://www.facebook.com/UMSL.edu> or search "UMSL" in the facebook search bar.

## The Bottom Line

If you have questions, ideas or concerns about the Link or Staff Association, please contact Christopher Boyce, Link editor, at [boycech@umsl.edu](mailto:boycech@umsl.edu)

Do you have a favorite recipe or workplace story to share? Do you have photos of UMSL or staff events that you think would be good for publication?

We would love to hear your thoughts about what type of content you find helpful and relevant for The Link. Don't forget to visit us online at :

<http://www.umsl.edu/staff>



## UMSL Observatory to Hold Open House

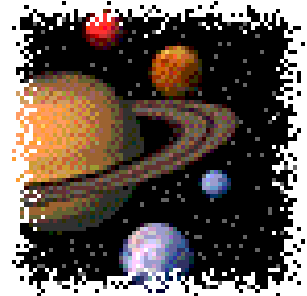
Jul 29, 2011 by Kylie Shafferkoetter

The University of Missouri–St. Louis Department of Physics and Astronomy will hold a public viewing of Saturn, Ring Nebula, Alberio, Hercules Cluster, M64 (galaxy) at 8:30 p.m. Aug. 6 at the Richard D. Schwarz Observatory. The viewing is free and open to the public. An expert will be on hand to answer questions. Each person gets a chance to look through the huge telescope lens. Bring the whole family.

All open houses include a viewing of the first quarter moon, along with additional nebulae and galaxies.

More information:

[umsl.edu/~physics/astro](http://umsl.edu/~physics/astro) or 314-516-5706



## Discounts

Did you know that your staff ID will get you free admission to Triton games, discounted ticket prices to many performances at the Touhill, discounts at the bookstore, or that the bookstore offers free notary services? Check out the following link to some of the other benefits and discounts available to UM/UMSL staff: <http://www.umssystem.edu/ums/hr/sac/resources>.

*If your department offers discounts, let us know and we can include in a future edition of The Link*

## Peach Crumb Cake

*Recipe by Shirley Smith from the Staff Association Cookbook*

### Ingredients Needed:

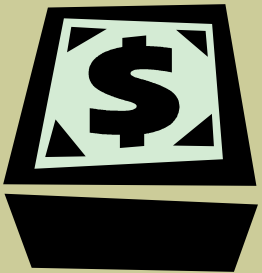
- 2. c sliced fresh peaches**
- ½ tsp. ground cinnamon**
- Vegetable cooking spray**
- 1/8 tsp. nutmeg**
- 1/3 c. graham craker crumbs**
- 2 tsp. reduced-calorie margarine, melted**

Arrange peach slices in bottom of an 8-inch square baking dish coated with cooking spray. Combine graham cracker

crumbs, cinnamon, and nutmeg in a small bowl, stirring well. Add margarine, and stir until blended. Sprinkle graham cracker crumb. Serve warm.

Yeild: 4 servings

**Note:** Serving size: ½ cup, Carbohydrate: 15 gm, Protein:1 gm, Fat:2 gm, Calories: 75, Fiber 2 gm, Sodium: 68 mg, and Cholesterol: trace.



## Healthy For Life

Please share this information so your colleagues will know about programs and resources that will help them get moving and take charge of their health. To read about other programs, success stories, and events, please subscribe to the wellness newsletter by e-mailing [Healthy for Life](#) or visit our [website](#).

### Stress Reduction Meditation

University Health, Wellness and Counseling Services is offering meditations sessions **Wednesdays, 12:15 to 12:45 pm, in 225 MSC- Student Success Center, Conference Room**. They would like to invite new members to join them in what they have found to be a wonderful antidote to the stress in their lives. The half-hour weekly sessions include a brief introduction, a 20-minute guided mindfulness meditation, followed by brief discussion. This group is designed for beginning, as well as experienced meditators. New members are welcome at any time during the semester. Call Wellness and Counseling Services at 516-5711 with questions.

### Walking Groups—Pedometer Program

Has your department always wanted to start a walking challenge, but didn't know where to begin? Now is your chance! *Healthy for Life* has Walking Tool Kits hot off the press that will provide you with the tools to begin a walking group or walking challenge in your department. Faculty and staff can purchase pedometers for \$15, and a full refund is given at the completion of one million steps. To purchase a pedometer, contact Wellness Ambassador Faith Lucas at 204 Woods Hall.

### St. Louis County Parks & Recreation

The weather is getting warmer and a great way to fit in some exercise is to get outdoors. St. Louis County Parks and Recreation has lots to offer. Check out the complete list of activities and events at <http://www.stlouisco.com/ParksandRecreation>.

### Share your Success Story

Do you have wellness success story that may motivate others to become healthier? Have you stopped smoking, lost weight, or decreased stress in your life? If so, we would love to hear about it! E-mail [Melissa Willett](#) with your accomplishments or give her a call at (573) 884-1397.

### Follow us on Twitter and Facebook

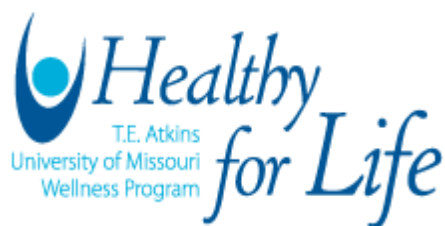
Healthy for Life invites you to follow us on Twitter and Facebook. We update regularly with events and health-related information.

**Twitter:** <http://twitter.com/healthy4lifest/>

**Facebook:** [Healthy for Life: TE Atkins UM Wellness](#)



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## Plans Underway for UMSL's 50th Anniversary

Jul 12, 2011 by Maureen Zegel



Officially, the yearlong jubilee to celebrate the founding of the University of Missouri–St. Louis 50 years ago doesn't kick off until January 2013. Today, however, committees are forming, and plans are being drawn up for the biggest event in the young university's history.

"We hope to include as many people as possible – alumni, faculty, students, staff, donors, friends, all of our retirees," said Tom George, UMSL's chancellor. "The success of this institution over the last half century has depended on thousands of St. Louisans and we want them all to be a part of the celebration."

A team of university leaders is chairing the Jubilee Steering Committee. They are: Ron Gossen, senior associate vice chancellor; Kathleen Haywood, interim dean, College of Education; Chris Scheetz, supervisor, Instructional Computing and outgoing president of the Staff Association; Deborah Burris, director, Office of Equal Opportunity and Diversity, chief diversity officer; Michael Murray, professor of media studies and chairman of Faculty Senate and University Assembly.

The steering committee will establish two major planning groups – a comprehensive campus organizing committee and an external Jubilee Council – by fall of this year. Planning will take place through December 2012 with the official kickoff in January 2013. A variety of activities heralding the university's 50th anniversary will include both campus and community wide events leading up to a major celebration planned for Founders Dinner in fall 2013.

Starting right now, UMSL's friends and family are being urged to gather all their memorabilia. A website is being developed to hold 50 years of UMSL memories. There will be opportunities to serve on a committee or volunteer for one of the many events. Watch for more announcements in the coming weeks.

It's time to think back: where were you in 1963, 1983, 2003?

Read the rest of the story and follow an abbreviated timeline in UMSL's history here:

<http://blogs.umsl.edu/news/2011/07/12/umsls50/#more-9846>

In recognition of all UM-St. Louis staff members, the  
**UMSL Staff Association**  
and Staff Council Appreciation & Membership committees  
invite all UMSL staff to attend an

# Ice Cream Social & Picnic



Enjoy sandwiches, beverages, ice cream, fun and games!

*Vegetarian sandwiches and no-sugar-added ice cream treats will also be provided.*



**Friday, August 5, 2011**  
**11 a.m. to 1:00 p.m.**  
**Oak Hall**  
**South Campus**



Campus Shuttle Schedule available at  
<http://www.umsl.edu/~transportation/>

*Please stop by for lunch and ice cream compliments of the Staff Association  
and Chancellor Tom George. NorthStar Ice Cream Novelties provided by:*

**HAPPY TIME ICE CREAM TRUCKS**