



Photo by Christopher Boyce

Inside this issue:

Volunteer of the Month	2
Riverstar of the Month	2
UMSL Flashback	2
Meet Staff Council	3
Technical E-Books	4
Trivia Night	4
Save The Date	5
UMSL Observatory	5
Mindful Eating Blog	5
Healthy For Life	6
Staff Recipe	7
UMSL Links	7
Bottom Line	7
Staff Golf Tournament	8-9

President's Message

Greetings!

Governor Nixon announced during his State of the State speech in January that he is proposing a 7% cut to higher education funding. After two years of flat tuition the Board of Curators has approved an increase in tuition for UMSL of 4.7%, which would take effect this summer. The increase in tuition is expected to help with the reduction from the state, but the tuition increase alone will not be enough to close the budget gap. The University Assembly's Budget and Planning Committee will be meeting several times over the next few months to review proposed cuts.

Thanks to everyone that came out and supported the Tritons on Thursday night during Pack the Stands. We had a good turnout, and we got to see the women force their game into overtime, unfortunately they came up short, but it was a good game. Congratulations to both the Triton women and men for making the playoffs this year, good luck!

Have you signed up yet for the 12th Annual Staff Association/Student Life Trivia Night? Tables are starting to form. Join us for a fun night with friends and coworkers, and support a good cause. This year's event will be held on March 12th, and all proceeds will go to support the [John Perry/Staff Assoc scholarship fund](#). For additional information visit: <http://www.umsl.edu/trivia/>, we hope to see you there!

If you thought Trivia Night wasn't enough fun for one month, we hope you can join us for the 1st Annual Staff Association Golf Tournament on Friday March 25th. The 4-person scramble is being formed to help support staff appreciation activities. UMSL has great staff, and events like this will help support activities to show them how much they are appreciated. Everyone is welcome to join us for the golf tournament, so invite your coworkers, business contacts, family, and friends for a fun day on the golf course. For additional information see the flyer included in this issue of The Link.

I'd also like to remind everyone that our representatives on the Retirement Plan Advisory Committee will be giving an update on Tuesday February 15th at 3:00pm during the University Assembly meeting in 126 JCPenney.

Hopefully we will all get to enjoy the warmer weather a little this week. I'd like to extend a special thank you to all the staff that worked over the past few weeks to keep us safe,

Chris Scheetz





Marilyn Smith

Volunteer of the Month-January

“Marilyn is always dependable and shows up to save the day at a moment's notice. She has helped with numerous University Events mailings. She is fast and well organized. When Marilyn shows up, 'No Worries.'”



Karen Pierre

Riverstars Employee of the Month

The Employee of the Month winner for the month of January is Karen Pierre for “Works Well Under Pressure.” Karen is a Manager of Public Affairs for the Alumni Activities.

Congratulations to Karen!

UMSL Flashback: Stadler Hall 1968



Do you have any old pictures of our campus that you would like to share?

If so, we would love to see them! Please contact Christopher Boyce, Link Editor at boycech@umsl.edu

Meet The Staff — David Maczynski



What is your position on the Staff Council?

I am a Building Representative for South Campus. I first started getting involved with Staff Council back in 2006. I love serving on the Holiday Bazaar Committee and have been the Chairman of the Welfare Committee since 2006.

Why is the Staff Association important to you?

I love being a voice for the campus community and staying informed and getting involved with the issues that affect us as a university family. So many times, people want change but don't wish to get involved so they fail to get their voice heard. The Staff Association does get involved, it does address the issues and concerns of the campus community and does help guard our rights as staff. It's a pleasure to serve on Staff Council!

What are your hobbies and interests?

My wife and I enjoy the country life on 5 acres in Winfield, Missouri. Our two children (Chris & Nathan) are grown now, so we get to enjoy having our grandchildren come over to the "farm" to wear us out. We go to many of our grandson Markus's sporting events and are blessed with great grandchildren. We moved away from subdivision life almost 10 years ago and have enjoyed the peace and beauty of the county ever since. Vanessa and I have been married for 26 years and share many of the same likes and hobbies. We are both huge pet lovers and are involved in various rescue groups. We enjoy our 4 dogs, 5 cats and have a large flight cage for our birds. My fun time is being outdoors, campfires, "playing" in the garage, pistol shooting with my friends, astronomy and SNOW! We have a wonderful group of Christian friends and are very active in the community. We both enjoy our volunteer work and helping others. I'm involved with several committees in our church and help teach our Sunday School class. What a joy it is servicing my Lord, Jesus Christ!



What is your position at the University?

I am a Site Supervisor for Instructional Computing, which is part of Informational Technology Services. I look after the technology classrooms and the ITV video rooms here on south campus. I graduated from the Broadcast Center where I'm currently an instructor of 26 years. I have spent the majority of my career in the radio/television/video field. I started here at UMSL in 2002.



Technical E-Books

The University Libraries are adding electronic books (e-books) on a regular basis as individual titles and in collections. One of our e-book collections is *Safari Books Online*. The *Safari Books Online* provide full text access to manuals on software programs and programming languages. New titles are added periodically.

NetLibrary is also an e-book collection and there are many technology titles included. Follow the same procedures below to access *NetLibrary's* collection.

E-books may be accessed remotely or on campus. They have search features that print books do not and they are available 24/7.

Libraries home page:

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

>Databases >Sorted Alphabetically >choose the letter S >*Safari Books Online*
>Choose *View All Titles* or enter a search in the box in the upper left hand corner

E-books may also be retrieved in the library catalog. Perform a keyword, subject or title search and electronic access is available.

-Marilyn L. Rodgers



Focus on the Future

This year's theme for Focus on the Future is "Looking Ahead: Focus On the Future." Don't forget to mark your calendars (March 29th and 30th) for two days of professional and recreational training for staff employees. Registration and details of the upcoming workshop sessions will be forthcoming. Co-Chairs for this event are Antionette Sterling and Jamillah Boyd.

Trivia Night Reminder!

Just a reminder that the Staff Association and the Office of Student Life will sponsor the 12th annual Trivia Night at 7:00 p.m. at St. Ann Church's Parish Center on Saturday, March 12. The proceeds from this event help support the John Perry Staff Association Scholarship fund. The scholarship is awarded to a dependent of an UMSL staff employee.

As usual, there will be raffle items, silent auction items, attendance prizes, and a sports memorabilia auction. There will also be a prize awarded to the group with the best decorations. So, pick a theme and decorate your table, wear theme-based costumes, serve theme-based food. Be creative. Have fun with it!

Registration information can be found at www.umsl.edu/trivia. Download the registration form to register your table today. Hurry, registration will be limited to the first 30 paid teams. Hope to see you there!

Please contact Meg Naes at naesm@umsl.edu or x6128, and thank you!



Save the Date

Budget and Planning	February 22nd @ 3pm	JCP Building, 126
---------------------	---------------------	-------------------

Budget and Planning	February 28th @ 2pm	JCP Building, 222
---------------------	---------------------	-------------------

Trivia Night:	March 12 @ 7:00pm	St. Ann Parish Center in Normandy
---------------	-------------------	-----------------------------------

Staff Association Golf Tournament:	March 25th	Normandy Golf Club
------------------------------------	------------	--------------------

Focus On The Future:	March 29th and 30th	Various Locations
----------------------	---------------------	-------------------

Open House Series: UMSL Observatory

Once again the University of Missouri–St. Louis Department of Physics and Astronomy is bringing the sky to life with its annual observatory open house series. UMSL will hold a public viewing of Jupiter, Mercury, Beehive Cluster and M35 (open cluster) at 6:30 p.m. March 12 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. In the case of inclement weather, the open house will be at 6:30 p.m. on April 25.

The Richard D. Schwarz Observatory is located at Florissant Rd. and Rosedale Dr. on UMSL's campus.

For more information: Visit www.umsl.edu/~physics/astro or call 314-516-5706
-Kylie Shafferkoetter

Tips for Mindful Eating Blog

Tips for Mindful Eating: It's more than just about food is a blog that offers a weekly post with tips, articles, research, reflections, and opportunities to practice mindful eating and living through the way that you eat, move, work, play and relate to yourself, others, and the world. It grew out of the 10-week program entitled "Eat for Life" developed by Dr. Lynn Rossy and Hannah Bush, M.A. offered through the faculty and staff wellness program. [Click here](#) to subscribe to weekly posts.



Healthy For Life

Tobacco Cessation

If you're ready to stop using tobacco, we're here to help! See below for a variety of resources to fit your lifestyle/needs. Choose from the following programs:

UM Choice Health Care Program members

FREE QuitNet Smoking Cessation Program offered to UM Choice Health Care Program members including telephonic counseling sessions, web access and e-mail support. To enroll contact QuitNet (1-866-577-8210 or www.coventrywellbeing.com). Selected Smoking Cessation medications are available through the UM Prescription Drug program with a prescription from your physician. Covered medications include: Bupropion SR (generic)-formulary and Chantix-formulary ([Click here for a printable coupon](#)). Contact your physician or ExpressScripts Customer Service at 1-800-955-1201 for more information.

How to quit questions, call or e-mail Healthy for Life's [Armine Alioto](#), R.N., at (573) 884-1439. Seattle's Fred Hutchinson Cancer Research Center (www.fhcr.org) is launched a new study June 15, 2010, which may be able to help you quit. For more information, please visit www.webquit.com.



Those not enrolled in UM Choice Health Care Program

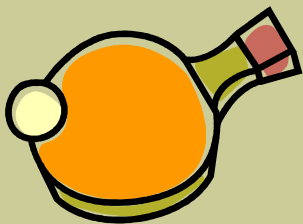
[St. Louis County](#) provides worksite smoking cessation program and information on tobacco and secondhand smoke

[American Lung Association.](#)

Missouri Tobacco Quit Line (1-800-QUIT-NOW) offers telephone coaching and resource materials. National Cancer Institute (1-877-44U-QUIT) offers telephone support for quitting smoking at no charge.

[Siteman Cancer Center](#) offers a six-week program that covers behavior modification, stress reduction and relapse prevention. Participants must attend all sessions; Cost is \$45. Program is held on Siteman's main campus. For more information, call (314) 362-7844.

Seattle's Fred Hutchinson Cancer Research Center (www.fhcr.org) is launched a new study June 15, 2010, which may be able to help you quit. For more information, please visit www.webquit.com



Ping Pong & Badminton Tournaments

The deadline to sign up for the Mark Twain Athletic/Recreation Center **Ping Pong** tournament is **Feb. 17**. You can sign up by calling 314-516-5326. The tournament, which is held Feb. 22 from 7-9 p.m., is open to students, faculty and staff. The Mark Twain Athletic/Recreation Center is also hosting a Badminton tournament on Feb. 26 from 10 a.m.-2 p.m. All skill levels are welcome. No registration is necessary, just show up. This event is open to students, faculty and staff. Questions? Call 314-516-5326.

Feed Your Irish Side!

Guinness® Corned Beef

4 pounds corned beef brisket
 1 cup brown sugar
 1 (12 fluid ounce) can or bottle Irish stout beer (e.g. Guinness®)
 A few bay leaves
 1 medium onion
 1-2 cloves minced garlic
 1 palm whole peppercorn.
 Various Veggies
 sea salt

Preheat oven to 300 degrees F
 Rinse the beef completely and pat dry.

Place the brisket on rack in a roasting pan or Dutch oven. Rub the brown sugar on the corned beef to coat entire beef, including the bottom. Pour the bottle of stout beer around, and gently over the beef to wet the sugar. Cover, and place in preheated oven. Bake for around 2 & 1/2 hours.

During the last hour, you may put vegetables in the roasting pan as well. Try wedges of cabbage, new potatoes, onion, carrots, etc. You may need to add a little more beer with your vegetables. Enjoy!

Recipe contributed by Christopher Boyce



UMSL Links

<http://www.umsl.edu/services/sassoc/> Access to the Staff Association page, with links to photos, Discover UMSL, The Link, and other helpful staff information. Let us know what you'd like to see there!

<http://www.youtube.com/umsl> Our own YouTube Page.

<http://twitter.com/umsl> Get updates of UMSL related information and events.

<http://www.flickr.com/photos/umsl> Great pictures of our campus, staff, faculty and students!

<http://blogs.umsl.edu/news/> Read what's happening around campus.

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

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. There are a few requests that we are already working on, but please let us know other ways in which we can improve. Don't forget to visit us at <http://www.umsl.edu/staff>



*Staff
Association
1st Annual
Golf
Tournament
&
Dinner*



Join Us on
March 25, 2011

Don't play golf?

We would love to have you be a part of the days events!

Join us as a volunteer! We have a need for photographers, registration staff, pin and longest drive monitors, mulligan sales, food preparers, greeters, etc. If you are able and willing to help, please send an email to Bob Garrison at garrison@umsl.edu. Volunteers will receive a ticket to the light dinner following the tournament.

Why are we doing this?

This is an event designed for all of us to get to know each other better, have some fun, raise money for Staff Appreciation and heighten awareness of the Staff Association and what the Association means for all full-time staff members at UMSL.

**Funds raised will help support future
Staff Association/Staff Appreciation
Activities.**

Special thanks to Normandie Golf Club for their support
and assistance!!

Please consider them for your future golfing needs!

Red Sponsor \$100

Includes: Signage at hole Tee Box

Gold Sponsor \$150

Includes: Sponsors of the closest to the pin or longest drive contests AND Signage at hole Tee Box

Presidential Sponsors \$250

Includes: Signage on the beer/soda cart



Please call Amanda La Brier at 516-5899 to join our list of sponsors.

**Golf Registration Form
Registration Deadline:**

**March 18th
\$40 per Player
\$7.00 for Dinner if not playing golf**

Player #1 Name: _____

Email: _____

Player #2 Name: _____

Email: _____

Player #3 Name: _____

Email: _____

Player #4 Name: _____

Email: _____

I would like to join the sponsor's list,
please call me at: _____

Make checks out to:

"University of Missouri"

Please put "UMSL Staff Association Golf
Scramble 2011" in the memo field

Mail payment to:

Staff Assoc. Golf Outing

C/O Amanda La Brier

1 University Blvd

341 Woods Hall

St. Louis Mo 63121

Directions

From Highway 40: Take I-170 north to St. Charles Rock Rd. Go East on St. Charles Rock Rd. 1 ¼ mile and Normandie Golf Club is on the left. 7605 St. Charles Rock Rd.

From Interstate 70: Take I-170 south to St. Charles Rock Rd. Go East on St. Charles Rock Rd. 1 ¼ mile and Normandie Golf Club is on the left. 7605 St. Charles Rock Rd.

Details:

When: Friday March 25, 2011

Where: Normandy Golf Club

7605 St. Charles Rock Road

St. Louis Mo 63133

314-862-4884

Who: EVERYONE!!

Cost: \$40 per person

Registration: 11:00am

Tee Time: 11:30am

Team: 4 Person

Play: Scramble

Food: Light Lunch and Dinner for golfers. Volunteers get a ticket for a light lunch.

Dinner available to anyone for \$7.00
(please call Doug @ 516-6702)

Prizes: Closest to the pin & Longest Drive

Mulligans: \$3 per mulligan

Other Surprises!!!

Other Fun!!!

**University of Missouri
St. Louis**

Amanda La Brier (labriera@umsl.edu)
516-5899

Bob Garrison (garrisonro@umsl.edu)
516-4854

Doug Williams (williamsdou@umsl.edu)
516-6702

Normandy Golf Club Phone Number:
314-862-4884