



Photo by Christopher Boyce

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## President's Message

Happy New Year!

With the New Year, we have new students on campus. UMSL has a great group of staff and I encourage you to help make our new and existing students welcome on campus. Take a few moments to provide directions, or to help questions they might have.

As you may know, our Vice President/President Elect is no longer with the University. In light of this situation, I'm happy to announce that Amanda La Brier is our new Vice President/President elect. Amanda has been active with council and among other things has been representing us on the Retirement Advisory Committee that President Forsee established to look at the Retirement Plan Project. I would encourage all of you to start considering being part of next year's Staff Council. A call for nominations will go out in April with elections held in May for the 2011-2012 Staff Council.

In December Amanda La Brier, Susan Feigenbaum and Joe Martinich gave a presentation on the activities of the Retirement Advisory Committee. In case you weren't able to make the presentation we have uploaded their presentation to the Staff Association page in MyGateway, as well as some parking lot questions. It was stressed that the changes would be for future or new employees and no changes for current employees. The group is also trying to consider how changes might impact current employees. We look forward to hearing more from this groups work in the coming weeks.

Thanks for your continued support!

*Chris Scheetz*



**Albert Nail**

## Volunteer of the Month-December

"Albert should be Volunteer of the Month because his job performance was exceptional. He comes in with a smile and gets right to the job. He is a hard worker and pays close attention to detail. He is a fast learner and always stays later to assure that each task is completed and in order before leaving for the day. I would definitely request Albert for all of my future needs and recommend him to all of my colleagues."

So far this year, Albert has volunteered over 163 hours in 13 different jobs. Way to go Albert! Albert was also Volunteer of the Month in October 2009.

**Annette Burris**

## Riverstars Employee of the Month

The Employee of the Month winner for the month of December is Annette Burris for "Loyalty and Commitment." Annette is an International Admissions Officer for the Center for International Studies

Congratulations to Annette!

## UMSL Flashback: Orientation, 1967



*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](mailto:boycech@umsl.edu)*

## Meet The Staff — Doug Williams



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

I was elected to serve as Student Affairs representative. This is my second year serving on this committee and I love it.

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

The students bring such vitality to the meetings and are so open and forthright it helps clear my head each month! I have to be involved as I strongly believe that nothing will change unless people get motivated and make it happen. I love my job and I like how my daily duties affect so many people in large and small ways. As a staff member I feel I have that responsibility to my co-workers to make each day a little better, if possible, and I have seen enough good things happening through the Staff Association that shows me it is a “working” group of people, not just a social gathering. My favorite saying on campus is the one carved into the stone archway outside the Thomas Jefferson Library, “Nothing happens unless first a dream” by Carl Sandberg. What it does not say is what the second step is; that is for people to get involved and make those dreams a reality!

### ***What is your position at the University?***

Site Supervisor for Instructional Computing, a part of Information Technology Services and I am responsible for the computer labs and Online Testing Centers here on campus.

I came to UMSL in July, 2003 coming in fresh from graduating with a Computer Science degree from Webster University.

### ***What are your hobbies and interests?***

I have been married to Debbie for the past 31 years. We have two boys, well, men really. Andrew is 24 and is currently attending Le’Cole Culinary School and is working as a chef at The Tavern STL. Stephen is 19 and is currently attending the University of Minnesota in the pre-architecture studies program. He is thinking of transferring to Mizzou in the fall so he will be closer to family and friends, (and can have the use of his car as well!!). Our house is a lot quieter with them both out of it, especially after almost 20 years of ice hockey practices and games for both boys. One day I will add up all the miles we traveled due to out of town hockey tournaments. We have traveled to Detroit, Chicago, Nashville, Windsor Ontario, Dallas, Louisville, Kansas City, Pekin, Peoria and so many local ice rinks as well. (I refuse to add up the money spent as I do not feel like crying!!)

I love to travel. I have been lucky enough to have visited 48 of the 50 states, all but one by car. I plan on getting to Hawaii and Alaska soon. I have also been to Canada, Mexico, the Western Caribbean, Holland and Norway. Camping has been the choice of most of these family trips, with the exception of Norway and the Caribbean. I love the Boundary Water Canoe Wilderness Area of northern Minnesota and Canada. Nothing will get you awake faster in the morning than chasing a bear out of your camp at 6am!

I have coached baseball teams for my sons and have really enjoyed being the goalie coach for many ice hockey teams, both with my boys playing and without. I find this a really funny hobby as I cannot even skate!! I love to golf and wood work. I built a cradle out of oak with my father for our first born out of my own design. I have also built many candle sconces, picture frames, furniture, etc.

My other interest is in learning more of my Norwegian heritage. I like to say I am 3<sup>rd</sup> generation American with 100% Norwegian blood as all of my lineage is from Norway or has married Norwegians. My family came over to Quebec and then down to Iowa in 1865 on a wooden sail ship, Christiania. When I retire I plan on continuing the research my Father has started. We have met and spent time with our Norwegian cousins on their farm outside of Lillehammer. On their farm, during the construction of a new barn, they found the Viking burial site of a wealthy or powerful man as he was buried in full armor with gifts of gold and silver and bronze ON TOP OF HIS HORSE!!! This is now proudly displayed in the museum in Oslo.



## Oak Hall Tour

Have you ever wanted to experience living on a college campus? This is your opportunity to experience life as a residential student, with a tour of Oak Hall. Oak Hall is one of the newest buildings on campus and is equipped with wireless internet, a swimming pool, workout facilities, display kitchen, Café and the Student Solution. To register for this event, go to the Discover UMSL website at <https://apps.umsl.edu/webapps/ALDP/index.html> and log in with your Gateway ID and password.



**Presented by:** Truong, Sally

**Date:** Friday February 11, 2011

**Time:** 11:00 AM to 12:00 PM

**Register From:** Thursday January 6, 2011

**Register Until:** Friday February 11, 2011

**Location:** Oak Hall (South Campus)

**Maximum Capacity:** 20

## Trivia Night!

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.

Gather your friends, family and colleagues for a night filled with fun, prizes and trivia! The early registration fee is a bargain at \$10.00 per person – that's just \$80 for a table of 8 players! 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](http://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!

We are also still looking for donations to help make this event a success. Do you have a weekend at a time share, a set of tickets to a sporting event (perhaps one game out of your season tickets), or a gift certificate to an area business? Do you have an item that you know would be just perfect for anyone other than you? We're happy to accept your donations to help support this wonderful cause. Please contact Meg Naes at [naesm@umsl.edu](mailto:naesm@umsl.edu) or x6128, and thank you!

See pictures from last year's event at:

[http://gallery.umsl.edu/v/StaffAssoc/trivia\\_night\\_2010/](http://gallery.umsl.edu/v/StaffAssoc/trivia_night_2010/)

## Save the Date

Pack the Stands:	February 3rd @ 5:30pm	Mark Twain Building
Trivia Night:	March 12 @ 7:00pm	St. Ann Parish Center in Normandy
Staff Appreciation Golf Tournament:	March 25th	Normandy Golf Club

## Book Club

The book club book for the Focus on the Future week is John Grisham's "Ford County Stories". Traditionally we have read a Grisham book during the Focus week. While we've deviated from it a few times, we always seem to come back to him. We like to

give possible new members an easily accessible book to welcome them to the idea of the club. We allow everyone to choose when they read and when they don't. Life happens and we know people can't read EVERY book that comes their way.



The Book club meets approximately every 6 weeks from noon to 1pm on a Friday in the Nosh.

## Bazaar News



This year, staff association netted \$977.28 in sales from the Holiday Bazaar event last month. Thanks to everyone who contributed to this event by either donating items, providing logistical support or buying that perfect gift for someone!!

## 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

### Eat for Life ONLINE

Discover the benefits of this innovative approach to weight management. This ten week program uses mind-body practices (meditations and yoga), the principles of mindful and intuitive eating, skills training, and group support to guide you in making lifestyle changes that will help you create a healthier relationship to your food, mind, and body. If you have a history of chronic dieting, have rigid “healthy” rules about eating, or find yourself eating when you’re stressed, bored, or unhappy, this may be the program for you. This non-judgmental, non-diet approach helps you use your internal physical cues to guide what and when you eat. Books and recordings are provided with the course.

#### Online Course:

**Orientation:** Week of February 7

**Classes:** Week of February 16 through April 27, excluding March 30 (spring break)

**Cost:** \$50, \$25 to be refunded with full participation in discussion board

#### **There are two ways to enroll:**

Register online with credit card by January 26 so we have time to send you your books. Email Rachel Ploskonka at [PloskonkaR@missouri.edu](mailto:PloskonkaR@missouri.edu) for link to online registration.

Send \$50 check made payable to Healthy for Life to Lynn Rossy, 205 Heinkel Building by January 24 so we have time to send you your books.

Healthy for Life’s regular 10 week program on creating a healthy relationship with your food, body, and mind is now a course you can take online in your own home. Video and audio components teach you the foundational mindfulness practices (meditation and yoga) and the BASICS of Mindful Eating.

This is an exciting opportunity to take a class in the comfort of your own home. All you need is a computer and, of course, the time to commit to taking the class. Everyone that signs up will be going through the class at the same time. You will have a week to complete each section. There are practice exercises to complete each day. All is completely explained on Blackboard once you get signed in.

#### **Read what participants have to say about the class:**

*“EFL has been a transformational experience...my relationship to food has changed dramatically. I actually think about food much less than before -- now it's rarely on my mind until I begin to experience hunger. And I am savoring my food infinitely more...EFL embodies an intuitive, gracious approach to living, and I am captivated by the gentleness and kindness inherent in the process.”*

--Linda Dyer

*“It is amazing that 10 weeks have gone past...I will use the "make peace with food" for a long time to come, that has been the most successful tip. I don't have forbidden food, or food that is "bad". I can have it just in the quantity that will satisfy...I thank you for the insight and the motivation. You have made this a successful experience that has changed my life.”*

--Amy Hampton



## Hot Soup for a Cold Day

### Potato Cream Cheese Soup

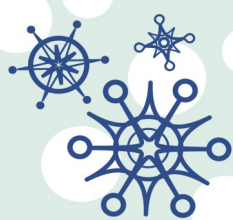
-4 cup chicken broth  
(use bouillon and water)  
-1 pkg. shredded hash browns  
(6 cups)  
-1 sm. onion, chopped  
-1/2 cup grated carrots  
-1/2 tsp. seasoned salt  
-1/4 tsp. black pepper  
-1 bay leaf  
-1 tsp. dried dill weed  
-1 cup half and half  
-1 (8oz) pkg. cream cheese

Mix all but the half and half and cream cheese in a large pot or dutch oven. Simmer for about 15-20 minutes. Stir in the half and half and cream cheese. Let the cream cheese melt, the serve.

*Recipe contributed by  
Sandy Harris*



## Inclement Weather Reminder



In the event of severe weather, the campus is open unless and until an official announcement is made that the campus is closed. Radio stations, KWMU, (FM 90.7), and KMOX (AM 1120) and television stations KTVI (2), KMOX (4), and KSDK (5) will be notified of the closing. An announcement will be placed on the home page of the UM-St. Louis website ([www.umsl.edu](http://www.umsl.edu)), on the UMSL Information Line (314-516-4636), and all voice mailboxes. Please refer to the Chancellor's Memo on November 30th for more detailed information.

## 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. 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>



EAT FOOD, WIN PRIZES, CHEER ON THE TRITONS!

# Pack the Stands



**MEN'S AND WOMEN'S BASKETBALL**

**FEBRUARY 3, 2011**



**UMSL VS. KENTUCKY WESLEYAN  
WOMEN'S GAME: 5:30PM  
MEN'S GAME: 7:30PM**

**FREE FOR STUDENTS!  
FACULTY, STAFF AND ALUMNI  
WITH CURRENT UMSL ID  
\$6 GENERAL ADMISSION  
CHILDREN UNDER 6 FREE**

**JOIN US FOR A SURPRISE  
BIRTHDAY PARTY  
DURING HALFTIME OF  
THE MEN'S GAME!**

# Taking Care of YOU: BODY-MIND-SPIRIT

## A Program Dealing with Life's Stress

Offering practical, effective strategies to deal with life's stressors, based on the latest research in positive psychology and mindful-based stress reduction.



**Taking Care of YOU** is an 8-session program that meets once a week for 1 hour. Each week we will explore topics through small group discussion, self-reflection, and activities. You will consider ways to:

- ✦ Take better care of **all aspects of your health** — body, mind, and spirit.
- ✦ Become more aware of the *mind-body connection* and use it for *better health*
- ✦ *Respond* to the stressors in your life in ways that can benefit you
- ✦ *Discover opportunities* in life's challenges
- ✦ Develop *habits* that can lead to a *healthier you*
- ✦ Find ways to bring *more joy* into your life
- ✦ *Simplify* your life

**Start your New Year off right!**  
Improve nutrition, physical activity,  
stress management, social health,  
and spiritual health.

- When:** Thursdays, 11:00 AM—12:00 PM  
January 20, 27  
February 3, 10, 17, 24  
March 10, 17 (Note: no class 3/3)
- Where:** University of Missouri— St. Louis Campus  
JC Penney Building, Room 225  
St. Louis, MO 63121
- Instructor:** Mary Wissmann, MS, RD, LD  
MU Extension Nutrition & Health Education Specialist
- Registration Fee:** \$25 Class size is limited to 20 people

With questions or to register, contact Mary Wissmann by January 13, 2011 at [WissmannM@missouri.edu](mailto:WissmannM@missouri.edu) or 314-615-2911

# Stay Strong, Stay Healthy



## What is Stay Strong, Stay Healthy?

A ten week strength training program designed for middle-aged and older adults, as well as anyone who is new to strength training.

## What are the benefits of strength training?

Strength training can benefit you in many ways:

- arthritis relief
- improve balance
- enhance flexibility
- strengthen bones
- weight control
- lifts depression
- stress reduction
- reduce risks for heart disease
- maintain healthy blood sugar levels

## How does the Stay Strong, Stay Healthy Program work?

The program's goal is to improve health and quality of life.

We will incorporate:

- warm-up exercises
- simple strengthening exercises, with or without weights
- cool down stretches

Over ten weeks you will learn exercises to improve strength and balance.

## What is the cost?

\$30 made payable to: St. Louis County Extension Council

\* If you attend 9 out of 10 classes and both the pre- and post-assessment, you will receive a \$10 refund.

## How do I get started?

Classes will be held at the JC Penney Building, Rm #225 from 11:00 AM – 12:00 PM on the following Mondays:

Jan 24, 31  
Feb 7, 14, 21, 28  
March 7, 14, 21, 28

**Start off the New Year on the right foot!**

## To sign up for this session, contact:

**Mary Wissmann, MS, RD, LD**  
Nutrition & Health Education Specialist  
St. Louis County Extension Center  
121 S. Meramec, Suite 501  
Clayton, MO 63105  
Phone: 314-615-2911  
E-mail: [WissmannM@missouri.edu](mailto:WissmannM@missouri.edu)

UNIVERSITY OF MISSOURI  
**MU** Extension

An equal opportunity/ADA institution

Adapted From The StrongWomen Program  
*A National Fitness Program for Women*

John Hancock Center for Physical Activity and Nutrition  
Friedman School of Nutrition Science and Policy

