



Photo by August Jennewein

Inside this issue:

Volunteer of the Month	2
Riverstar of the Month	2
Save the Date	3
MSC Summer Hours	3
UMSL Smoke Free	3
UMSL Facebook	4
Relay For Life	4
Ask-Listen-Refer	4
Healthy For Life	5
Beat The Heat	6
Staff Recipe	6
Summer Attractions	7
Fiscal Year Closings	8
2011-2012 Staff Council	9

President's Message

Greetings!

As you probably know, this will be my last message to you as Staff Association President. It has been a rewarding journey getting to serve as your President. We started out the year to build on the past success and to increase staff involvement and strength the organization. This year the Staff Council continued to reach out to areas which lacked representation, and made changes in unit representation to hopefully increase involvement. We also welcomed the staff from MIMH to the Staff Association.

I would like to thank all those that served on Staff Council, supported the many events by attending and/or volunteering your time setting up the events, The Link, Focus on the Future, etc. While my term as President is up, I look forward to continuing serving as Intercampus Staff Advisory Council Chair, and as the staff representative on the Presidential Search Advisory Committee. I leave you in the very capable leadership of the new Staff Council Officers, Amanda La Brier, Robert Peterson, and Sandy Crawshaw and the rest of the 2011 – 2012 Staff Council.

Thanks to all those that ordered Staff shirts, the order has been submitted and we are hoping to receive them by the end of June. Once they have arrived we will get in touch with those that placed orders.

If you were unable to make the Staff Association golf outing some photos from the event are now available in the Staff Association Photo Gallery at www.umsl.edu/staff. If you have photos from Staff events you'd like to share let us know.

Thanks again for all your support this past year. It was been a privilege getting to serve as your President, UMSL really does have great staff!

Chris Scheetz





Riverstars Employee of the Month

May 2011 Winner - Innovation and Creativity

Chris Scheetz

**Supervisor, Instructional Computing
Information Technology Services**

Congratulation to Chris!

Volunteer of the Month-May 2011



Margo Harris and Linda Mitchell

"I am recommending Linda Mitchell and Margo Harris as Volunteers of the Month for their exceptional service at the Touhill Performing Arts Center. During the April 22nd storms and tornado these ladies were at the Touhill volunteering on an UMSL student production. When the call was made to move the audience to safe shelter these two ladies got the chance to implement a safety protocol. They both established themselves as guides to move the audience, kept the patrons calm and orderly through their own calm and confident demeanor, kept the managers informed of patron needs and coordinated the departure of over 100 people in building blackout conditions. The Touhill received written and verbal complements about the calm and safe manner in which the staff and volunteers handled the whole evening and these two volunteers were critical to the success of that safety situation.

Linda has been volunteering at the Touhill since September of 2010; Margo has been with us since February of 2004. Both are shining examples of individuals who excel at their volunteer positions."

Touhill Performing Arts Center

Save the Date

UMSL Smoke Free Campus	July 1st	Campus Wide
Independence Day Holiday Campus is closed	July 4th	Campus Wide
Chancellors Award for Staff Excellence Nomination Deadline	July 14th	Campus Wide
Fall Classes Begin	August 22nd	Campus Wide



MSC Summer Hours (May 17 - July 31)



Monday - Thursday: 7am - 9pm;

Friday: 7am - 5pm;

Saturday - Sunday: 10am - 5pm

Reminder: UMSL To Become Smoke Free



Effective **July 1, 2011**, the University of Missouri-St. Louis will become completely smoke-free on all campus property, both indoors and outdoors. Campus property includes all owned or leased buildings, parking garages and parking lots; owned or leased vehicles; and owned or leased outdoor grounds and sidewalks. This policy applies to faculty, staff, students, contractor and consultant employees, performers, visitors and the general public.

The Bottom Line

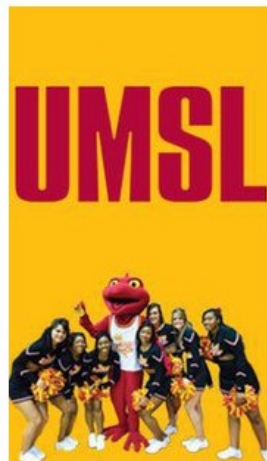
If you have questions, ideas or concerns about the Link or Staff Association, please contact Christopher Boyce, Link editor, at boycech@umsl.edu

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. Don't forget to visit us online at : <http://www.umsl.edu/staff>



Connect with more than 12,000 Facebook fans on the UMSL Network!



Wall

Info

UMSL Network

Events

Photos

YouTube

Notes

UMSL ▸ UMSL Network

University · Saint Louis, Missouri



Send

You + UMSL = Serious Education, Serious Value

Have you seen the redesigned and improved UMSL Network on Facebook? Stay informed by “liking” the innovative site that gathers all your favorite university Facebook pages in one spot!
<http://www.facebook.com/UMSL.edu>



The 2011 Relay For Life event had 33 teams, and 367 participants with a grand total of \$12,335.10 total raised!

Thanks to all those that came out and supported or otherwise helped with this event!

Ask - Listen - Refer: UMSL Suicide Prevention Training Program

The University of Missouri-St. Louis Suicide Prevention Training Program has been designed to help faculty, staff, and students prevent suicide by teaching you to:

- identify people at risk for suicide
- recognize the risk factors, protective factors, and warning signs of suicide
- respond to and get help for people at risk

You may complete the program online at <http://www.asklistenrefer.org/umsl>

For questions , please contact

James R.W. Linsin, Psy.D.

Counseling Psychologist/ Coordinator of Outreach

University Health, Wellness, and Counseling Services

UM-St. Louis- One University Boulevard- 131 MSC

St. Louis, MO 63121 (314) 516-5711 (314) 516-5988 (Fax) james@umsl.edu

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](#).

Wellness Ambassador Luncheon—Be sure to RSVP!

The RSVP's are coming in, but we're still missing several of you! Be sure to send yours today. We look forward to having a full house for the annual Wellness Ambassador luncheon on **June 28th** at the Millennium Student Center. This is a great chance to learn what others are doing to promote wellness in their work areas, share your successes and learn what Healthy for Life is planning in the upcoming year. Exciting times are ahead and we want you to be part of it. To RSVP to the luncheon, click the "YES" voting option on the invitation sent on May 6th. If you did not receive the invite, email [Melissa Willett](#).

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/healthy4lifetl>

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



**Healthy for Life: TE Atkins
UM Wellness Program**
205 Heinkel Building
Columbia, MO 65211
573.884.1312 (Phone)
573.884-3123 (Fax)
Wellness@umsystem.edu
wellness.umsystem.edu

Stay Cool and Beat the Heat

If you're like me, you hate the heat. Living in Saint Louis, however, you just come to expect it. Sometimes we get so accustomed to it, that we don't take all the risks associated with high temperatures as seriously as we should. Excessive heat has caused more deaths in recent years than any other weather-related events. True story. With temperatures already reaching near 100 degrees, certain precautions are recommended. Here is a list from RedCross.org's website:

- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body. Avoid using salt tablets unless directed to do so by a physician.
- **Eat small meals and eat more often.** Avoid high-protein foods, which increase metabolic heat.
- **Slow down. Avoid strenuous activity.** If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 and 7 a.m.
- **Stay indoors when possible.** If air-conditioning is not available, stay on the lowest floor out of the sunshine. Remember that electric fans do not cool, they simply circulate the air.
- **Be a good neighbor.** During heat waves, check in on elderly residents in your neighborhood and those who do not have air conditioning.



**American
Red Cross**

For more information and tips, go to www.redcross.org and type in "heat" in the search bar.

Grilled Sicilian Chicken

Recipe by Pat Slowiak, from the Staff Association Cookbook

Ingredients Needed:

- 5-6 skinless, boneless chicken breasts
- 1 bunch fresh basil, finely chopped, shredded
- 4 cloves chopped fresh garlic (more if a stronger taste is preferred)
- Olive oil
- Bread crumbs
- Fresh lemon juice (optional)

Lightly sprinkle chicken with oil. Sprinkle basil and garlic with oil and place on each piece of chicken. Place in a container or plastic bag and marinate for at least an hour.

NOTE: I have found that the flavor of the basil and garlic is not very intense after only 1 hour. I usually plan to marinate the chicken overnight to improve the taste.

When ready to grill, sprinkle more oil over the chicken if necessary and coat with bread crumbs. Leave the garlic and basil in place as much as possible. Grill over medium coals for 5-6 minutes each side. You may need to grill longer on each side if the pieces are especially thick. Drizzle fresh lemon juice over cooked chicken if desired.



Summer Attractions and Family Fun



Looking for some family fun this summer while saving some money? Check out www.familyattractionscard.com for deals at many St. Louis area attractions! Also, read on for an unrelated list of water parks and summer kid-friendly freebies!

[Splash City](#) **Collinsville, IL**

Splash City Family Water Park in Collinsville has pools, slides, a wave rider for surfing and much more. General admission tickets are \$16 for adults and \$13 for children, and half price after 4 p.m.

[Maryland Heights Aquaport](#) **Maryland Heights**

Pools, slides and a lazy river. Non-resident admission is \$15 for adults and \$10 for kids ages four to 15. Resident admission is \$5 for adults and \$4 for children. Kids three and younger get in free.

[Splash at Wabash](#) **Ferguson, Mo**

A zero entry pool with a water works play area for little kids, slides, lazy river and diving board for older kids and adults. \$6.50 for non-residents and \$3.50 for residents. Children three and younger are free.

[Six Flags Hurricane Harbor](#) **Eureka, Mo**

A 12-acre water park featuring a 560,000-gallon wave pool, raft adventure ride and children's play area. Six Flags is \$44.99 for adults and \$34.99 for children.

[Raging Rivers](#) **Grafton, IL**

The water park sits on the banks of the Mississippi River along the Great River Road. It's a full scale attraction with a beach, treehouse harbor, endless river, slides, raft rides and more. \$19.95 for adults and \$16.95 for children

[White Birch Bay Aquatic Center](#) **Hazelwood**

The water park features a bubble slide, a 600-foot lazy river, a little tot wave pool with spray features and more. Non-residents is \$12 for adults and \$10 for children. Residents \$6 for adults and \$5 for children.

[St. Louis Zoo](#)

Admission to the Zoo is free, but each day during the summer from 8 a.m. to 9 a.m., the Children's Zoo, the Conservation Carousel, the Stingrays at Carribean Cove and other special exhibits are also free.

[Grant's Farm](#)

See animals from around the world. In the summer, Grant's Farm is open daily except Mondays. Admission is free, but parking is \$11 per car.

[Children's Garden](#)

Admission is free to the Children's Garden at the Missouri Botanical Garden on Wednesday evenings from 5 p.m. to 7 p.m.

[Fountain at Tower Grove Park](#)

The fountain and wading pool at Tower Grove Park has dozens of pop-jets for children to play in, as well as a large water bowl in the center of the fountain.

[St. Louis Science Center](#)

Admission to the St. Louis Science Center is free, but on the *first Friday night* of each month there is also a free *Star Party* at the Planetarium. Telescopes for public viewing are set up outside and there are kid-friendly events inside.

[Citygarden](#)

St. Louis' City park filled with fountains, wading pools, sculpture and more.

[Wehrenberg Theatres Family Summer Series](#)

Kid friendly movies are shown on Wednesdays and Thursdays at 10 a.m., at nine local Weherenberg Theatres.

[Free Family Film Festival](#)

The Regal Cinema at St. Louis Mills Mall shows free movies on Wednesdays and Thursdays at 10 a.m. All movies are rated G or PG.



Did you know?

UM System Staff Advisory Council has a website that lists discounts and special offers available to University Staff, including the Science Center, Six Flags, and more? Details available at: <http://www.umsystem.edu/ums/hr/sac/resources>

University of Missouri Fiscal Year 2011 Closing Schedule

On July 1- July 3, 2011, many applications will be unavailable due to the rollover of Purchase Orders from FY11 to FY12. The applications that will be **unavailable** those days are Non-PO Voucher Create, PO-Voucher Create, Requisitioning/Approving/Receiving, eProcurement, Inventory, Budget Entry, ARBI, GL Journal Import, and the Grants Module. The Web Journal Entry, MoCode Create, PS Financial Reports, and PS Authorization **will be available** during this time; however, **no nightly processing will take place**.

Budget Entry

Last day for departments to submit Cross-Division Budget Entries – July 6th, 4:00 pm

Last day for departments to enter Same-Division Budget Entries – July 15th, 4:00 pm

Note: After June 30, all budget entries for the prior year must be made using a June 30 Accounting date. Entries made with a current or July date will become FY12 budget entries.

Feeders

Last day for AP Feeders to load June data – June 30th, 4:00 pm

Last day for GL Feeders to load June data – July 6th, 4:00 pm

GL Journal Import will be unavailable July 1st - July 3rd.



Requisitions

Campus/System/Extension departments may enter FY12 requisitions effective immediately. Requisitions entered for FY12 must include a statement in the justification/comment field that the requisition is intended for FY12. These requisitions will be created with the FY11 budget dates and turned into purchase orders and dispatched to vendors on July 1st. The budget dates/encumbrances will be rolled from FY11 to FY12 during July 1st - July 3rd.

Deadline for requisitions requiring a bid is May 16th, 5:00 pm

Last day to enter non-catalog requisitions not requiring a bid is June 23rd, 5:00pm

The non-catalog requisition must be entered AND approved by these dates for the PO to be issued with FY11 funds. If the PO is not paid by June 28th, the encumbrance will be rolled from FY11 to FY12 during July 1st - July 3rd. Non-catalog requisitions entered after June 23rd will default to FY12 and a PO released to the vendor no earlier than July 1st. Non-Catalog requisitions created but not approved by June 23rd may be canceled and need to be reentered on or after July 5th.

Last day for Item Master requisitions is June 30th, 12pm (noon)

The Item Master requisition (inventory items from Distribution) must be entered AND if applicable approved by this date for the PO to be encumbered with FY11 funds.

Last day for Show-Me Shop (SMS) requisitions is June 30th, 5:00pm

The SMS requisition must be entered AND approved by this date for the PO to be released to vendor. If the PO is not paid by June 28th, the encumbrance will be rolled from FY11 to FY12 during July 1st - 3rd.

SMS requisitions created but not approved by this date will be canceled and will need to be reentered on or after July 5th.

The eProcurement and Purchasing modules will be unavailable from July 1st through July 3rd.



2011-2012 Staff Council

Positions	Staff Council	Term
President	Amanda La Brier	July 1, 2011 - June 30, 2012
Vice President/President Elect	Robert Peterson	July 1, 2011 - June 30, 2013
Secretary/Treasurer	Sandy Crawshaw	July 1, 2011 - June 30, 2012
University Assembly Reps (2)	Ashley Budde	July 1, 2011 - June 30, 2012
	Steve Chapman	July 1, 2011 - June 30, 2012
Administration Evaluation Rep University Assembly Committee	Open	July 1, 2011 - June 30, 2012
Information Technology Reps (2) University Assembly Committee	Bob Ell	July 1, 2011 - June 30, 2012
	Floyd Welsh	July 1, 2011 - June 30, 2012
Physical Facilities & General Services Rep University Assembly Committee	Douglas Hughey	July 1, 2011 - June 30, 2012
Student Affairs Rep University Assembly Committee	Thomas Stork	July 1, 2011 - June 30, 2012
Budget & Planning Rep University Assembly Committee	Jason Bornhop	July 1, 2011 - June 30, 2012
Unit Rep for Express Scripts Hall	David Gellman	July 1, 2010 - June 30, 2012
Unit Rep for Lucas, Clark, Fine Arts	Lisa Kite	July 1, 2010 - June 30, 2012
	Karen Bartoni	July 1, 2011 - June 30, 2013
Unit Rep for Millennium Student Center	Antoinette Sterling	July 1, 2011 - June 30, 2013
	Jerry Hoffman	July 1, 2011 - June 30, 2013
Unit Rep for Woods, Music, Normandy	Betsy Sampson	July 1, 2010 - June 30, 2012
	Tanisha Stevens	July 1, 2011 - June 30, 2013
Unit Rep for South Campus	David Maczynski	July 1, 2010 - June 30, 2012
	Stephen Bene	July 1, 2011 - June 30, 2013
Unit Rep for University Center, J.C. Penny	Thomas O'Connell	July 1, 2011 - June 30, 2013
Unit Rep for SSB/Tower	Bernadette Dalton	July 1, 2011 - June 30, 2013
Unit Rep for General Services, Touhill PAC, MSC Garages (2)	Kimberly Klearman	July 1, 2010 - June 30, 2012
	Erik Smetana	July 1, 2010 - June 30, 2012
Unit Rep for Benton, Stadler, Research, TJ Li- brary, & Center for NanoScience	Open	July 1, 2011 - June 30, 2013
Unit Rep for Mark Twain, Police Station, RCEW	Craig Robinson	July 2, 2010 - June 30, 2012
Unit Rep for Off Campus Units (2)	Rachel Kryah	July 1, 2011 - June 30, 2013
	Open	July 1, 2011 - June 30, 2013