

# The Link



Photo by August Jennewein

## President's Message

UMSL Staff,

With great spring weather in the forecast campus will be buzzing with students, faculty, staff and visitors participating in outdoor activities, and there is much to do on UMSL's campus. For starters, plan on attending the Spring 2012 Staff Association General Meeting & Brown Bag Lunch at Noon on March 13, 2012, in the JC Penney Summit Lounge. The Chancellor will give an update to staff, and UMSL Police Sergeant Dan Contarini will talk about safety on campus. As you venture outside in good seasonal weather it's important to stay alert and keep our campus community safe. Please bring your lunch to the Summit Lounge and listen to the Sergeants' safety tips and the plans of the new Campus Safety Committee.

As you keep your eyes and ears open around campus, and help visitors to their destinations and activities across campus be sure to utilize the new directional signage UMSL Facilities just installed. The new signage is an attractive addition and great informational resource on North and South Campus'. Campus is now easier to navigate thanks to the UMSL staff that designed and installed the new signs. Job well done!

Don't forget to read the "Save the Date" section of this *Link* for upcoming Staff Association events and campus community engagement activities. Please also mark your calendar to attend the regular Staff Association Council meetings on the third Wednesday of each month to remain informed about important staff topics, and talk with Staff Association Committee Chairs who need volunteers for the upcoming events.

I look forward to seeing you on March 13, 2012 at the Spring Meeting.

Sincerely,

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## Riverstars Employees of the Month



February 2012 Winner  
Performance Versatility

Donna Procter  
Sr. Academic Advisor  
College of Business

**Congratulations to Donna!**

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## Volunteer of the Month-February 2012

"I am happy to nominate Ana for February's volunteer of the month. I have had the honor of observing Ana and she is very hardworking, sincere and dedicated towards any task given to her. It is possible for small tasks to slip through your hands because of the fast pace of our office but Ana never lets the "small task" syndrome get in the way of excellent service. Regardless what size job it is, she takes each challenge as her own responsibility and follows through until it is resolved. Ana truly deserves to be appreciated for her sincere efforts."

**Sandy Ray - Athletics, Administrative Assistant**



**Ana Abendschein**

Want to be in the know? Get up-to-date information on what's happening around UMSL's campus and community with the following links:

<http://blogs.umsl.edu/news/>

<https://www.facebook.com/UMSL.edu>

<http://twitter.com/#!/umsl>

<http://www.youtube.com/user/umsl>

<http://www.flickr.com/photos/umsl/>

<http://explore.umsl.edu/>

<http://thecurrent-online.com/>



YouTube



flickr

## Meet The Staff—Christopher Boyce

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

I currently serve as the chair of the Communications Committee and as the editor of the Link. I have been involved with the Staff Association since 2010.

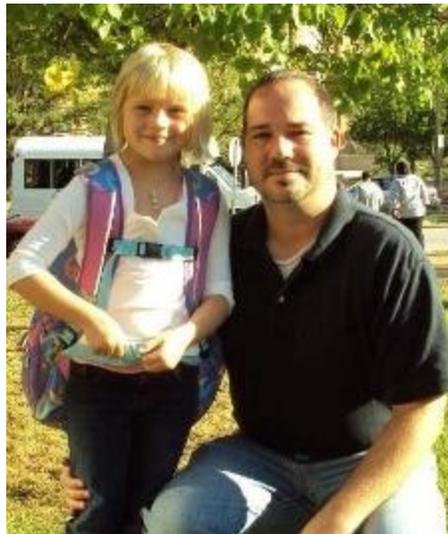
### ***Why is the Staff Association important to you?***

Staff Association has been a great way to meet new people, learn more about UMSL and its community, and to have a chance to become more involved in what's happening around us. There are so many things that affect our daily life at work, and being a part of the process is important.

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

I honestly have too many hobbies (and far too little time) to be able to keep up with them all. I'm a proud father to a beautiful little girl. We spend a lot of time learning about things and how they work. Youtube is *amazing* for this! I love learning about different people, languages, and the social aspects contained therein. Before I began my career in the realm of IT here at UMSL, I taught English as a Second Language both here and abroad and was an instructor of German at my university. I suppose I still try to hold onto those roots via my hobbies. I am fascinated by the various cultures of the world and as such, I spend a lot of time exploring the world through literature, languages, movies, friends, and, of course, the internet. Some of my favorite authors are Kurt Vonnegut, Bertolt Brecht, and Charles Bukowski.

Of course, I love to travel, yet haven't had the opportunity to do as much as I like in recent years. I prefer to travel with a knowledge of what there is to do, but without any itinerary or details planned out—which very much goes against my virgo nature and has led to some interesting situations. I'm also a part time student, taking classes when I can. Some day I will have another degree, but for me, it's more about the learning than the end result. Much to the dismay of my daughter, cat, and neighbors, I've been teaching myself to play guitar for the last two years. I'm not any good, but I blame the guitar and that, somehow, allows me to keep trying.



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

I am a Site Supervisor for Instructional Computing, which is part of Informational Technology Services. I manage the technology classrooms on North Campus. I take pride in my job because I know how many people are depending on our services everyday and I feel I directly contribute to the level of education provided to each and every student here at UMSL.

## Focus on the Future 2012 – March 27 and March 28

Focus on the Future provides an opportunity for continued professional and personal development for all employees. The broad range of session topics offered by skilled presenters allows you to focus on specific areas of interest, both personal and professional.

We encourage everyone to take advantage of this opportunity for growth. Please be on the lookout for the registration email. Please note, the schedule is subject to change. For questions, contact Antionette Sterling, ext. 7994.



### Tuesday, March 27

Time Management  
Scrapbooking  
Chair Massage Therapy  
Skin Care  
Nutrition  
Estate Planning  
Equal Opportunity  
Social Hour  
Ready Set Read

### Wednesday, March 28

Multi-Touch Device IPADS  
LinkedIn  
Controlled Aggressive Behavior: Verbal  
Judo

### (Wed, cont'd)

Life Coaching  
Buying a Home  
Crocheting  
Street Wise: Personal Self-Defense  
Strategies  
Cycling  
Tai Chi  
Smart Applications  
Scuba Diving  
Beginner's Chinese Calligraphy  
Vital Resources for Promoting Safety  
and preventing Violence  
Financial Management  
Stress Reduction  
Zumba



## March @ UMSL Campus

Have a picture in/on campus that you would like to share?

Please send them to [boycech@umsl.edu](mailto:boycech@umsl.edu)

Photo by Christopher Boyce

## Save the Date

SA Spring General Staff Meeting & Brown Bag Lunch	March 13th	JCP Summit Lounge
Spring Recess	Saturday, March 24th 5pm	Campus
Staff Association Social	March 27th 4:30-6:30	Ferguson Brewing Company
Focus on the Future	March 27-28th	Various Locations
SA Golf Scramble	April 20th 2012	Normandy Golf
American Heart Association Heart Walk	May 19th	Bush Stadium (contact Elizabeth Pawloski with

## Irish Style Potato Pancakes

### Ingredients:

2 lbs potatoes , cut into 1-inch chunks  
 1 cup milk  
 1 egg  
 1/3; cup chopped chives  
 1 small onion, grated or diced finely.  
 ¼ teaspoon salt  
 ¼ teaspoon fresh ground black pepper  
 3-4 teaspoons butter (more to taste)  
 ½ cup sour cream

### Directions:

Place potatoes in large saucepan with cold water, bring to a boil then simmer uncovered 15 to 20 minutes—or until tender. Drain potatoes, and then return to pan. Turn heat under saucepan to medium-low. Cook potatoes until dry, about 2 minutes, stirring occasionally. Add milk and mash potato mixture until fairly smooth. Remove from heat; stir in chives, egg, salt and pepper and onions. Refrigerate until cold. Form potato mixture into 12 patties about 3 1/2 inches in diameter and 1/2 inch thick. Melt 1 teaspoon butter in a large nonstick skillet over medium heat until hot. Add three or four patties to skillet. Cook until golden brown, ~ 2 minutes per side. Top with parsley and serve with sour cream on the side



## 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>

## Healthy For Life

### Tick-tock...your \$100 is waiting, don't miss it!

Faculty & Staff—the clock is ticking to earn your Wellness Incentive and Healthy for Life doesn't want anyone eligible to miss out! We've already dispersed \$250,000 in Wellness Incentive funds, so be sure to get your share! Simply complete a personal health assessment (15 minutes) and a FREE health screening, which you can get at our largest screening event this semester. Primary subscribers to the UM Medical plans will receive \$100 in a tax-favored account to use for medical expenses in 2012 Benefit Plan year. The requirements must be completed by April 30, 2012.

### Get started now:

Create your **Cerner Health account** by visiting [www.healthyforlife.umsystem.edu](http://www.healthyforlife.umsystem.edu).

Enter your email address and **join the program**.

Complete your **personal health assessment** - an online questionnaire that helps you understand your health risks and provides you with resources to improve your well-being.

Schedule your **FREE health screening** at a convenient time and location on campus. Your health screening provide you a look at your cholesterol, blood sugar, blood pressure, height and weight. If your screening is before noon, fasting for 9 hours is recommended, but not required (6 hours if pregnant) and drinking 64 ounces of water the day before is suggested.

<u>Upcoming Screenings</u>		
<u>Date</u>	<u>Time</u>	<u>Location</u>
<b>Feb. 21</b>	8-12 p.m.	JCPenney Building, Room 204
<b>Feb. 23</b>	8-12 p.m.	Seton Hall, Lobby
<b>Mar. 6</b>	8-11 a.m.	JCPenney Building, Room 204
<b>Mar. 15</b>	8-11 a.m.	Seton Hall, Lobby
<b>Mar. 20</b>	8-11 a.m.	JCPenney Building, Room 204
<b>Feb. 21</b>	8-12 p.m.	JCPenney Building, Room 204

### Already Visit Your Doctor?

If you have had your annual physical since July 2011, you can complete the [Doctor Screening Form](#) and fax it in! It must be **completed in its entirety** to get credit.

### Weekly Prizes!

Don't miss your chance to win one of our great prizes each week. All who complete(d) the personal health assessment and their health screening are eligible for the drawing.

### Earn your Incentive? We'd love to hear from you

Healthy for Life would like to hear from you if you've earned your wellness incentive. How was the process? Did you learn something new about your health? Email feedback to [wellness@umsystem.edu](mailto:wellness@umsystem.edu).



**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](mailto:Wellness@umsystem.edu)  
[wellness.umsystem.edu](http://wellness.umsystem.edu)

#### Follow us!

**Twitter:** <http://twitter.com/healthy4lifest/>  
**Facebook:** [Healthy for Life: TE Atkins UM Wellness](#)

## Spring Cleaning



If you are anything like me, Spring means waking up from that in-door hibernation and having a sudden realization that your home needs a good cleaning! Not only do I amass more “stuff” during the winter months, but as more light is let in my home, the piles of dust in the corners become much more obvious. This time of the year is always met with an overwhelming desire to purge and cleanse.

I have a child with allergies and very sensitive skin as well as a pet at home. I do not like using store bought cleaners and harsh chemicals to get my cleaning done. I have discovered that not only can you get things just as clean with items you probably already have in your kitchen, but that you can save a lot of money and feel good about not dumping chemicals down your drains at the same time! Here are just a few tips:

**Baking soda:** Simply pour about 1/2 cup of baking soda into a bowl, and add enough liquid detergent to make a texture like frosting for a great “soft scrubber.” This works great for hard to clean tubs! Pet odors? Sprinkle some on your carpets and upholstery for an hour before vacuuming to help get rid of smells.

**Borax**, is a fantastic all around cleaner. Add it to Laundry and cut way down on the detergent needed. Have a slow drain? Pour some in the drain followed by vinegar. Let sit for a few minutes then rinse with boiling water. Mix a tablespoon or so with a \*small dab of liquid soap and about two cups of water in a spray bottle for a great all purpose cleaner. Borax repels and kills insects such as ants, cockroaches, silverfish and termites. Mix some with sugar to use as a bait or sprinkle some in an area the insects will walk through.

**White distilled vinegar** is one of the most versatile cleaners out there! Mix 1/2 teaspoon liquid detergent with 3 tablespoons vinegar and 2 cups water for a great window cleaner! Stained plastic dishes? Soak them overnight with hot soapy water and 1/4 cup vinegar and then wash. Pour some in a saucer or wide container and place in a room overnight to absorb lingering odors. Dab a little on sticker residue to remove it. Soak your showerhead in vinegar to remove corrosion and soap scum. To keep cats off furniture, tables, or other surfaces, spray with vinegar. Spray on weeds and unwanted grass for a non-chemical alternative.

**Lemon Juice** is another great acidic, antibacterial cleaner that leaves a great smell! Use it for dissolving soap scum and hard water deposits or for shining up brass and copper. Run the squeezed portion and its peel through the garbage disposal. Mix it with olive oil to create a natural furniture polish.

Happy Cleaning. -Christopher boyce



# **Get Ready for Focus on the Future!**

**Mark your calendars for  
March 27th and 28th**



**Elect for a better you in 2012!**

**Focus on the Future is a two day event designed for staff  
featuring professional and recreational workshops.  
This is a great time to engage in a new hobby or interest.**

**All workshops are FREE!**

**For more information, please contact Antionette Sterling**

**Phone: 314-516-7994 Email: [sterlinga@umsl.edu](mailto:sterlinga@umsl.edu)**

# UMSL Focus on The Future Staff Association Social

Tuesday March 27th, 2012

4:30pm—6:30pm

Ferguson Brewing Company



Grab your co-workers and come out to the UMSL Spring Staff Social in downtown Ferguson! We'll be enjoying the company of other staff members at Ferguson Brewing Company,

The Staff Social is a chance for you to come out and unwind with colleagues and friends alike. Happy Hour prices will be available, and Staff Council Committee members will be on hand to answer any questions you might have!

For directions or more information,  
check out their website

<http://fergusonbrewing.com>



*Staff  
Association  
2nd Annual  
Golf  
Tournament  
&  
Dinner*



Join Us on  
April 20th,  
2012

**Details:**

**When:** Friday, April 20th, 2012

**Where:** Normandie Golf Club

7605 St. Charles Rock Road

St. Louis, MO 63133

314-862-4884

**Who:** EVERYONE!!

**Cost:** \$40 per player without dinner

\$45 per player with dinner

**Registration:** 11:00 AM

**Tee Time:** 11:30 AM

**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

\$10.00

(please call Bernadette @ 516-6138)

**Prizes:** Closest to the pin &

Longest Drive

**Mulligans:** \$5 per mulligan,

3 for \$10.00

**Other Surprises!!!**

**Other Fun!!!**

**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.

**University of Missouri -  
St. Louis**

Please contact for registration:  
Bernadette Dalton (daltonbm@umsl.edu)  
516-6138

Please contact for sponsorship packages:  
Tiffany Izard (izardt@umsl.edu)  
516-4796

Normandie Golf Club Phone Number:  
314-862-4884

**2012 Sponsorship Packages**

**University Sponsor**

**\$25 to \$99**

Includes: Ad in program/flyer

**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 Sponsor**

**\$250**

Includes: Signage on the beer/soda cart

Please call  
Tiffany Izard at 516-4796  
to join our list of sponsors.

**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 Bernadette Dalton at [daltonbm@umsl.edu](mailto:daltonbm@umsl.edu) or Tiffany Izard at [izardt@umsl.edu](mailto:izardt@umsl.edu). Volunteers will receive a ticket to the light lunch 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!!



# John Perry Scholarship Trivia Night 2012

Have no fear, Trivia Night is still happening! We've decided to move to October with an official date and location forthcoming. The committee is striving to continue providing the best trivia night experience possible!



If you are interested in joining the committee, contact

**Harry Harris**

[harisha@umsl.edu](mailto:harisha@umsl.edu)

