



Photo by David Gellman

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## President's Message

Greetings!

The Fall semester General Staff meeting for all staff will be held on Wednesday November 10, 2010. The meeting will be held in the JC Penny Summit Lounge from 12:00p-1:00p. Chancellor George will give a presentation and then he will be available to answer questions. We will also have an opportunity to meet and hear from our new Police Chief Forrest Van Ness. The Summit will be set up with tables and chairs, so bring your lunch, and enjoy the hour. I look forward to seeing you there!

Congratulations and thanks to everyone that worked on and participated with the Staff Association Homecoming Parade Shopping Cart. It looked great, and took 2<sup>nd</sup> Place!

We will also have a Fall Staff Social on Tuesday November 9<sup>th</sup> in Ferguson, from 5:00pm-7:00pm, we hope to see you there as we visit a few of the local businesses.

The first Discover UMSL event of the year will be on Friday November 12<sup>th</sup> at 11:00am. If you've ever been curious what it is like to be backstage at the Touhill join fellow staff for this tour.

Finally I wanted to give you an update on the Retirement Plan Project. On Monday November 1<sup>st</sup>, the Compensation & Human Resources Committee of the Board of Curators met via the TelePresence Rooms. There were several presentations given by Segal, Towers Watson, TIAA-CREF, Rocaton, and Betsy Rodriguez that were very informative. The entire meeting and the presentations given are available on the UM System website at <http://www.umssystem.edu/ums/curators/audio/#nov2010> for you to review. President Forsee also announced that he will be visiting each of the campuses in the coming weeks for Town Hall meetings on the Retirement Plan Project. As dates and times are available we will get the information out to everyone.

*Chris Scheetz*

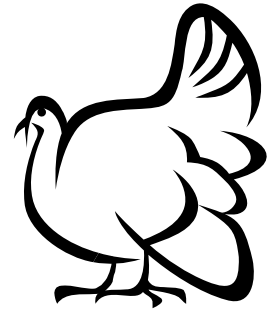




Sharon Thompson

## Volunteer of the Month-October

“For the past 2 years, Sharon has coordinated the volunteer efforts of the Storytelling Festival. Sharon coordinates activities such as the annual phone bank, multiple volunteer positions at each location and assigns volunteers to crowd control, emcee, check-in points, driving featured tellers and various miscellaneous tasks. As part of her position, she makes personal contact with each volunteer, recruits new volunteers and conducts a volunteer meeting prior to the Festival.”



## Riverstars Employee of the Month

The Employee of the Month winner for the month of October is Miriam Huffman for “Effective Leadership.” Miriam is Director, Student Life in the department of Student Life Operations.

Congratulations to Miriam!



Miriam Huffman

## Homecoming Parade

There was a new twist on the homecoming parade this year. Instead of decoration vehicles, groups decorated shopping carts. The Homecoming Shopping Cart parade was held on Thursday, October 21, 2010. Congratulations to the following trophy winners.

### Campus Department entries:

- 1<sup>st</sup> place: Bookstore
- 2<sup>nd</sup> place: Staff Association
- 3<sup>rd</sup> place: Volunteer Services

### Student entries:

- 1<sup>st</sup> place: Residence Hall Association
- 2<sup>nd</sup> place: Colleges Against Cancer
- 3<sup>rd</sup> place: Residence Hall Association – Queen Candidate Elisha Seals



A big thank you goes out to the Program Committee for their work on the Staff Association Float. Thanks to Harry Harris, Debra Garcia, Meg Naes, and Tom Stork, for helping out! Thanks also to the staff that made popcorn balls.

## Meet the Staff Council—*Theresa Keuss*



Theresa Keuss

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

As MSC building reps we try to make sure staff members working in the MSC are up to date on all the latest staff association upcoming events, news and issues. We also act as a liaison between the employees of MSC and the staff council, making sure they are represented and their concerns and issues are addressed at council.

### ***Why is the staff association important to you?***

Staff Association is important because they always have great happy hours and fun social events.....ha! Of course that is not the *only* reason it is important.... I feel it is essential to get involved in every area of your life, whether it is your community, your school, or your place of employment. Serving on Staff Council is an excellent way to meet people outside of your department and to contribute in making the university an even better institution.

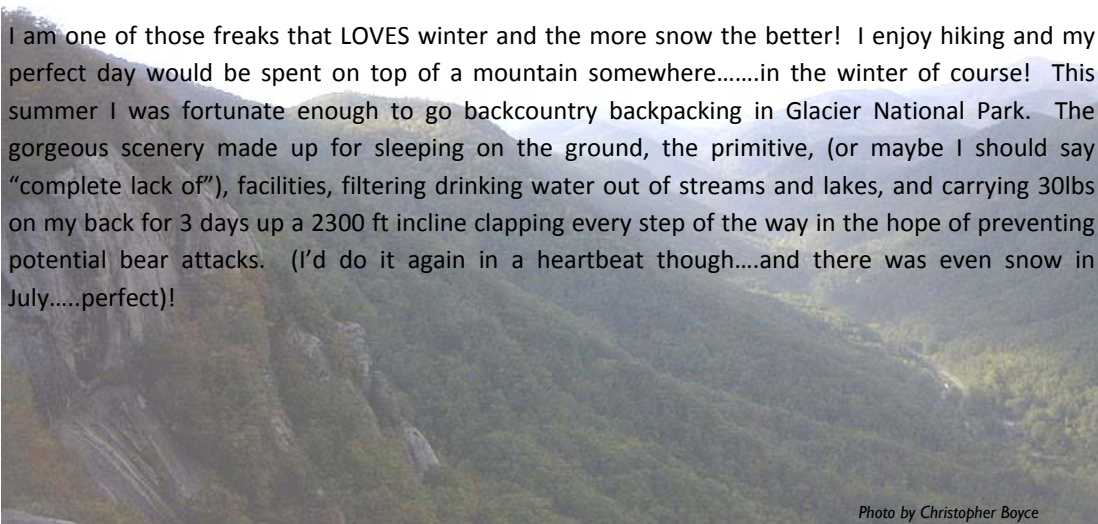
### ***What is your position at the University?***

My current position at the University is Assistant to the Registrar. Since one of my main tasks is coordinating the preparation of the course schedule, I get the privilege of communicating with many different departments on campus, an aspect I thoroughly enjoy! I have also held positions at MS&T, (back when it was the University of Missouri-Rolla), in the Finance Department, and in the Accounting Office in Woods Hall.....ages ago.

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

I am married with three sons, a lovely daughter-in-law and an adorable granddaughter. My eldest son, Paul, graduated from Rolla with a computer science degree and is now pursuing a second Bachelor's through the joint UMSL/WashU engineering program in electrical engineering. He met his wife, Leslie, while attending MS&T, and she is a geologist.....they lived a care-free nomadic lifestyle roaming the country out west for a few years, but have since moved back to the area, (yay), and I often tease them that their house could easily be mistaken for a "rock or geode museum." My middle son, Scott, graduated from Missouri State with an Entertainment Mgt degree and hopes to own or manage a venue someday. But in the mean time, he recently accepted a job at a ski resort in Colorado.....so I guess this winter I will be crashing at his place and hitting the slopes.... ....can't wait! My youngest, Daniel, graduated from University of Wisconsin-Stevens Point with a dual GIS/Geosciences degree. He lives in Florida and works under government contract mapping flight simulators for pilots. Not his dream job, but you have to start somewhere...and he is an avid Packers fan. Finally, I have a sweet four-legged buddy, Nala, who actually acts more like a cat than a dog.

I am one of those freaks that LOVES winter and the more snow the better! I enjoy hiking and my perfect day would be spent on top of a mountain somewhere.....in the winter of course! This summer I was fortunate enough to go backcountry backpacking in Glacier National Park. The gorgeous scenery made up for sleeping on the ground, the primitive, (or maybe I should say "complete lack of"), facilities, filtering drinking water out of streams and lakes, and carrying 30lbs on my back for 3 days up a 2300 ft incline clapping every step of the way in the hope of preventing potential bear attacks. (I'd do it again in a heartbeat though....and there was even snow in July.....perfect)!



## Healthy For Life Classes/Opportunities

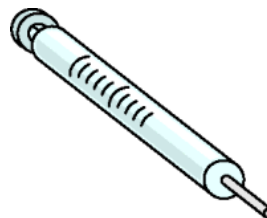


*Healthy for Life* will be hosting its annual Faculty & Staff Wellness Fair this month!

**UMSL** faculty, staff and retirees can join us **Nov. 11** from **10 a.m. until 2 p.m.** at the **Millennium Student Center**. UM Faculty & Staff Benefits will provide **FREE** flu shots to UM Choice Health Care members (9 years

and older) who bring their Coventry card. For those who are not enrolled in the UM Choice Health Care program, the cost will be \$25. Those between 9 and 18 years old must be accompanied by an adult at all times. The fair will have **FREE screenings** for ALL employees and their family members: blood sugar, blood pressure, cholesterol, body mass index.

If you are a University of Missouri faculty or staff member, dependent or retiree enrolled in the UM Choice Health Care Program, you are eligible for a **FREE flu vaccine**. Bring your Coventry Health Care card to the flu vaccine site. If you are not enrolled in the UM Choice Health Care Program, there will be a **\$25** fee which may be paid in cash or check for the vaccine. Children 9 years and older enrolled in UM Choice Health Care Program, accompanied by a parent or guardian, may receive the vaccine. Due to different vaccination needs, children age 8 and younger may obtain their flu vaccine from their healthcare provider, health department or community clinic.



Along with your insurance card, bring your **COMPLETED FLU SHOT**

**FORM** to the vaccination site. Find the form on the flu shot page for your campus on the *Healthy for Life* at [wellness.umsystem.edu](http://wellness.umsystem.edu) (Click on the red box at the top left of the homepage and follow the UMSL link).

**Alternate Dates for UMSL faculty, staff and retirees to receive flu shots (see eligibility and requirements in the section directly above):**

Nov. 19: 10 -11:30 a.m. Missouri Institute of Mental Health, 2nd Floor Conference Room

Nov. 19: 1 -3 p.m. 72 JC Penney Bldg., Board Room, 119-125

### **RETIREES**

Retirees have a few options for flu shots, depending on their health care coverage:

Those covered under **Coventry Health Care**: Bring your insurance card and receive a free flu vaccine at the Faculty & Staff Wellness Fair on Nov. 11<sup>th</sup> at the Millennium Student Center between 10 a.m. and 2 p.m.

Those covered under **Great West** (retirement medical plan): You can receive a \$25 flu shot at the Faculty & Staff Wellness Fair on Nov. 11<sup>th</sup> at the Millennium Student Center between 10 a.m. and 2 p.m., but Healthy for Life does not guarantee reimbursement.

Those covered under **Medicare**: You can receive a free flu shot at any participating pharmacy.

### **VOLUNTEERS NEEDED!!**

We are short on non-clinical volunteers and need people for each of the following shifts:

Thursday	10am-12pm
Thursday	12pm -2pm

If you can't work a full shift, we'd love to have you for part of it. Please reply to Melissa Willett at [WillettMD@umsystem.edu](mailto:WillettMD@umsystem.edu) by Friday, Nov. 5<sup>th</sup> with your availability. If you are able to help, please wear your *Healthy for Life* T-shirt. If you do not have a shirt, please send your size with your availability. If you would like to sign up to become a Wellness Ambassador, please include a note in your email to Melissa. She will send you more information.

## Healthy For Life Classes/Opportunities



### 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.

### 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 [Wellness@umsystem.edu](mailto:Wellness@umsystem.edu).

## Chili Cook-off

When most people hear the words "Graveyard Smash," they undoubtedly think of the hit Halloween song "Monster Mash" by Bobby Pickett. But if you work in the MSC and took part in the annual chili cook off, you know that "Graveyard Smash" is not just a song, but a spicy and delicious pot of chili created by Janelle Brimer of Student Services. Janelle tied for first place this year along with Chartwell's employee Nancy Taylor who entered her "Fiesta Chili."

The MSC chili cook off has been going on longer than the MSC has been in existence. The tradition began over 13 years ago in the Admissions department and is still going strong. Every October many of the departments in the MSC gather together to share their chili dishes and vote on their favorite recipes. Mickey Williams, (Admissions), does a great job of organizing the event and making sure a good time is had by all. The event gives staff members the opportunity to gather together with fellow co-workers and enjoy a delicious cup or two or three of chili along with a variety of side dishes and desserts. There is always a friendly competition among the participants ranging from who can come up with the craziest chili name to who created the spiciest dish. The winners receive a certificate, but more importantly, they are entitled to bragging rights for the year.



- Theresa Keuss

*The staff association would like to know: does your department do anything similar that you would like to tell us about? Please share your story with us and encourage more team building events among fellow staffers! Please email Christopher Boyce at [boycech@umsl.edu](mailto:boycech@umsl.edu) with ideas!*



## Online Training Opportunities

### SkillPort

The University of Missouri System recently completed a 90 day pilot of an online learning program provided by SkillSoft. Employees participating in the pilot provided very positive feedback on the program. The University, upon the recommendation of the HR Council, has decided to purchase the program for a three-year period. We are pleased to announce that the SkillSoft on line training program provides a wide variety of educational resources and topics to meet the diverse training needs of employees – from highly technical topics to software application instruction, business skills development and legal compliance awareness.

A team of training professionals from across the campuses are developing a plan to fully implement the system, which will be available to all faculty and staff of the University. The implementation will begin on October 15 with full roll-out by November 8 (accessible through myHR). For new users or pilot users that would like a walkthrough of this new training resource, there will be online demonstrations beginning on 11/8/10. Instructions to sign up for the online demonstrations will be making their way to inboxes in the next few days.

*-Erik Smetana*

## John Perry/Staff Association Scholarship

Did you know that scholarships are available for dependents of Staff who are enrolled in classes here at the University of Missouri, Saint Louis? The recipient must be a dependent of an UM-St. Louis staff employee. In the case no qualified dependent of an UM-St. Louis employee is an applicant for the scholarship, the scholarship committee will consider any qualified applicant who is the dependent of any UM-System employee housed on the UM-St. Louis campus. The selection will be based on merit and need. The student shall be in the upper half of his/her high school graduating class. Class rank and ACT, SAT, or SCAT scores shall be considered. No essays or letters of recommendation shall be required. The award shall be available to entering freshmen students on a one-year nonrenewable basis. The student shall be enrolled at UM-St. Louis and pursuing an undergraduate degree. A minimum enrollment of 12 credit hours is required. In the event that no student meets the above criteria, candidates who are dependants of UMSL Staff Association members shall be considered in the following order of preference: (1) full-time transfer students, (2) part-time students enrolled for at least six credit hours, (3) graduate students. The scholarship form can be found at:

<http://www.umsl.edu/services/sassoc/pdfs/application.pdf>

The deadline for submission each year is March 15.

*-Faith Lucas*



# November 2010

## Dates To Remember

- Nov 5th  
Open Enrollment closes
- Nov 9th  
Fall staff Social:  
5-7pm in Ferguson
- Nov 10th  
General Staff Meeting:  
12pm @ The Summit
- Nov 11  
HelathFair  
11am @ the MSC
- Nov 12th  
Discover UMSL:  
11am @ Touhill
- Nov 20th  
Fall Break begins @  
5pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
Fall Break	Fall Break	Fall Break	Fall Break	Fall Break	Fall Break	Fall Break
				Thanksgiving		
28	29	30				



## Save the Date

Please join us for the 7th Annual Staff Association Holiday Bazaar, to be held on Tuesday, December 7, 2010, from 10:00am until 2:00pm in Century Room A of the Millennium Student Center. **We are also still looking for donations.** Please see the flyer in this issue of the Link for more information



## 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.umsu.edu](http://www.umsu.edu)), on the UMSL Information Line (314-516 -4636), and all voice mailboxes.



## Holiday Sweets

### Pumpkin Roll

3 eggs  
 1 tsp. ginger  
 1 cup sugar  
 ½ tsp. nutmeg  
 2/3 cup pumpkin Filling:  
 1 tsp. lemon juice  
 1 cup. powdered sugar  
 ¾ cup. flour  
 8 oz. cream cheese  
 1 tsp. baking powder  
 4 T. margarine  
 ½ tsp. salt  
 ½ tsp. vanilla  
 2 tsp. cinnamon

Beat eggs for five minutes on high speed, gradually add sugar, pumpkin and lemon juice. Sift together flour, baking powder, salt, cinnamon, ginger, and nutmeg. Add sifted ingredients to liquids and spread in greased and floured jelly roll pan. Bake 15 minutes at 375 degrees. Turn cake out on powdered sugared tea towel (a pillow case works well also). Roll towel and cake together, cool. Mix powdered sugar,

cream cheese, margarine, and vanilla together for filling. Unroll cake. Spread filling in even layer on entire surface of cake and re-roll. Sprinkle with powdered sugar if desired. Refrigerate.

Recipe from **Diana Johnson**  
 Taken from the 2007-2008 Staff Association Cookbook, "Our Favorite Recipes"

### Did You Know...

*that daylight savings time was extended in 2007 as part of the 2005 Energy Policy Act which has resulted in a 0.5% savings in household electrical usage ?*

*that adding daylight has been shown to benefit retailers and nation's economy?*

*that not every part of the U.S. observes Daylight savings?*

## Daylight Savings Ends 11-7-2010

This Sunday, I personally will be enjoying one extra hour of much needed sleep.

As the familiar saying goes, time will "fall back" one hour at 1 a.m. Sunday morning, marking the end of Daylight Saving Time.

The practice was introduced by the New Zealand

entomologist George Vernon Hudson in 1895 as a means of extending daylight hours during the summer months.

Some people I know also use this time of year to remind themselves to change the batteries in their smoke alarms and carbon monoxide detectors, or to go

through their medicine cabinet and dispose of any expired prescriptions or medications. My mother decides this is a good time to purge her fridge by creating some interesting meals.

By the way, just how old is that jar of pickles, Mom?

*-Christopher Boyce*

## 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>





**Staff Association's 7th Annual  
Holiday Bazaar-Reminder**

**Tuesday, December 7, 2010**

*Stop, Shop, and Buy*

**Century Room A MSC  
10:00 am — 2:00 pm**

At the holiday bazaar we will have:

- Gift baskets
- Crafts/Gift Mugs/ Movies/Books
- Home baked goods
- And many more assorted items!

For your convenience we take Visa, MasterCard, Discover, Cash, and Personal checks.

Heroes & Legends Sports Memorabilia will once again be here. Perfect time to get the right gift for the sports fan!

We still need donations and baked goods! Drop off items to:

- Faith Lucas—204 Woods Hall—5090
- Dave Maczynski—144 SCCB—7636
- Theresa Keuss—351 MSC—4602
- Lana Vierdag—347 SSB—5523

The *John Perry Scholarship* is awarded to dependents of staff members each year. For more information go to: <http://www.umsi.edu/services/sassoc/jpps/scholarship/scholarship.html>

***Thank you!***

# University of Missouri St. Louis Staff Association Social

Tuesday November 9th 2010

5pm—7pm

Downtown Ferguson



Grab your co-workers and come out to the UMSL Fall Staff Social in downtown Ferguson! We'll be enjoying some of the newest businesses in the Ferguson area including the Hill Brewing Company, Marley's Bar and Grill, and Cork Wine Bar!

The Staff Social is a chance for you to come through and unwind with colleagues and friends alike. Staff Council Program Committee members will be on hand to sign UMSL folks up for great prizes as well!



For directions to these locations, check out their websites:

- <http://www.corkwinebarstl.com>  
Cork\_Wine\_Bar/Cork.html
- <http://www.marleys-ferguson.com/>
- <http://hillbrewingco.com/>