

Photo by David Gellman

Inside this issue:

Volunteer of the Month	2
Riverstar of the Month	2
25 Years of Service	2
Meet Staff Council	3
Healthy for Life	4
Fall Staff Social	5
ITS Dropbox	5
Chancellor's Awards	6
Homecoming Events	7
Homecoming Help	8
Holiday Bazaar	9

President's Message

Greetings! A few months ago, we each received an email from the President's office informing us that they planned on reviewing the retirement benefits for new employees. Since that time there have been several conversations among employees regarding what this meant and how it might affect each of us. Betsy Rodriguez, Vice President of Human Resource gave a presentation to the Board of Curators on September 23rd, on what the Retirement Plan Project was, and why it was underway. For those that weren't able to listen to the presentation, I'd encourage you to listen to it here: <http://umurl.us/kAK> The PowerPoint slides are also available here: <http://umurl.us/8U0>. Right now, we do not know if the retirement plan is changing, or what it might look like if it does change for new employees; however it is important that we stay informed as the project moves forward. To assist with this, I've created a central location to store information that you can review at your convenience. To access the information, log into MyGateway, and click on the Staff Association organization, from there click on the red menu item on the left of the screen titled "Retirement Plan Project." If you have questions, I'd encourage you to speak with a member of Staff Council, or myself.

I'd like to welcome the staff of the Missouri Institute of Mental Health (MIMH) to the UMSL community. At the beginning of September the new partnership between UMSL and MIMH was announced. Additional information on the partnership is located at <http://blogs.umsl.edu/news/2010/09/09/mimh/>

On September 22, 2010 the Chancellor gave his State of the University Address. During which he recognized many of our staff for their significant contributions to our campus. Congratulations to those recognized for a job well done!

All the best,

Chris Scheetz





Deborah Darris

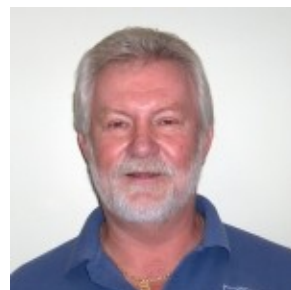
Volunteer of the Month-August

"Deborah is thorough and meticulous with work assignments that are very tedious in nature. She volunteered to stay beyond the expected hours each day because she did not like " to leave work unfinished." Great work ethic! Deborah would be an asset to any office on campus. She is a quick learner, self -directed, and self-starter and I will request her again at the first opportunity."

Riverstars Employee of the Month

The September 2010 Employee of the month award goes to Tom Lange, Mail Carrier with UMSL Postal Services for Excellent Teamwork

Congratulations, Tom!



Tom Lange

Celebrating 25 Years of Service

Kaye Denise Adams, coordinator, Student Financial Aid

Betty J. Covington, executive staff assistant II, Facilities Services

Allan R. Crean, academic director, Continuing Education

Michael J. Ellerman, mechanic, small engine, grounds

Maryann Hempten, secretary, biology

Bridgette A. Jenkins, counseling psychologist, Office of Multicultural Relations

Sharon C. Laux, associate director, Center for Entrepreneurship and Economic Ed.

Diane F. Mongillo, administrative secretary to the dean, College of Business Admin.

Kate Moore, associate director, Continuing Education

Linda C. Oppland, department assistant, St. Louis Public Radio/ KWMU 90.7

Donna S. Procter, academic advisor, College of Business Administration

Gloria L. Schultz, director, Business & Management Services MSC

Hermelinda D. Sharp, department assistant, Office of Multicultural Relations

Pamela Suzanne Spreen, business manager II, Libraries

Melvin Starkey, mechanical trades specialist, Facilities Services

David L. Vogler, lead mechanic, trades specialist, Residential Life

Darryl L. Wea, supervisor building services, University Center Operating

Meet the Staff Council—*Thomas Stork*

What is your position on the Staff Council?

University Assembly Representative

Why is the Staff Association important to you?

I believe if you are involved with the Staff Association you will benefit from meeting new people and making your work experience even better.

What is your position at the university?

Student Financial Aid – Coordinator

What are your hobbies and interests?

My family has always been important as I always spend time with my father. Every year we always plan a trip to watch a sporting event. This year we have a trip planned to go watch a couple college football games. One of the games will be at Kansas State University where I'm a current student. Education has been key to my career as I'm currently enrolled at Kansas State in a Master's degree program. My Master's degree program will be in Academic Advising.

Most people don't know I was in the United States Navy for three years after high school. I had the opportunity to see the world when I was stationed in Japan. Some places I was able to see while I was in the military were China, Korea, and Australia (It is the only time I've ever been horseback riding was in the outback). After my years in the military I still have the urge to travel as I've visited Switzerland, Russia, Canada and many places in the U.S.

My interests would be playing or watching sports. I enjoy watching college football, tennis, baseball, hockey and softball. I love the game of tennis as I try to play the sport as much as possible. Many people don't know this but, I'm a huge fan of college softball. About eight years ago my dad and I starting watching the College Softball World Series and now it has become a tradition. I've had the opportunity to meet many athletes throughout my years but, thanks to my sister's artwork, I met Anna Kournikova.



Photo by Christopher Boyce



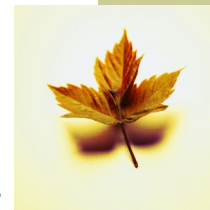
Thomas Stork



Healthy For Life Classes/Opportunities

Save the Date: Wellness Fair

Healthy for Life invites you to a Wellness Fair to promote Wellness in the Workplace. Come by the **Millennium Center on Thursday, November 11, from 10am to 2pm**, and get your health screening and flu shot.



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.

“Morning Wake-Up” at your workspace!!

Starting in October, “The U” radio station (<http://umslradio.com>) will broadcast an exercise spot from 8-9 am Monday-Thursday. You can tune in and exercise right at your desk! Sponsored by “The U” and Healthy for Life, it’s your opportunity to get in shape in the comfort of your office four mornings a week. More details will be announced soon so stay tuned to “The U”! Let’s get movin’ and get motivated!!

Health to Go Series

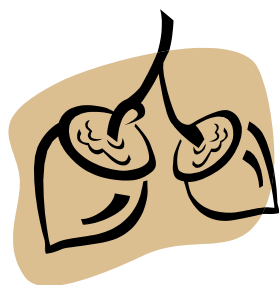
This 4-part health series is designed to create optimal health and living. Taught by University of Missouri, St. Louis graduate and certified health coach, Laurie Levin, this series covers everything from stress reduction to transforming yourself to an optimal weight. Contact Laurie Levin at laurie@laurielevinhealth.com or at (636) 233-3330 for more details!

Part 1: Stress Reduction for Better Health, Relationships and Performance

Part 2: From Overweight to Optimal Weight

Part 3: Take Control of Your Health Essential Components of a Healthy, Disease-Preventing Diet

Part 4: Health Habits of the Healthiest

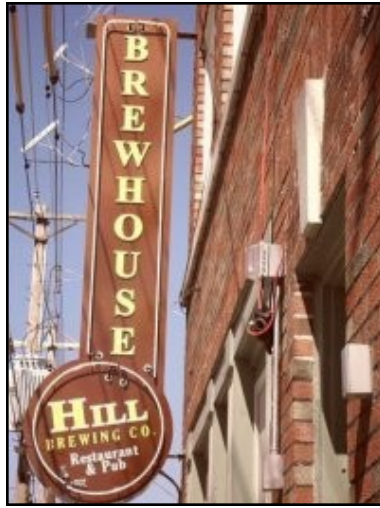


Share your Success Story

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.

UMSL Fall Staff Social



Grab your co-workers and come out to an UMSL Fall Staff Social in downtown Ferguson! We'll be visiting one of the newest businesses in the Ferguson area, Hill Brewing Company, on **Tuesday November 9th from 5pm-7pm**. 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!

Hill opened earlier this year and has served as a great place for socializing. It is locally owned and operated by Ferguson resident Joe Lonero, who himself is very active in the Ferguson community. Hill serves an extensive menu ranging from smoked chicken wings to steak kabobs. It exclusively serves Hill Beers on tap, but also has a full bar and many non-alcoholic beverages available.

While our main location will be at Hill, we will also be looking to add some of their neighboring businesses to the Staff Social as well. We will keep you updated with any new venues!

Hill Brewery is located at the corner of Florissant Rd and Paul Ave, about 1 mile north of campus. For more information on the Brewing Company, you can visit their website at <http://www.hillbrewingco.com/>

For information on the social, you can contact Programming Committee Chairperson Harry Harris at harrisha@umsl.edu

ITS Drop Box—Digital Drop Box System

ITS now offers UMSL users the opportunity to send files up to 150 megabytes both UMSL and non-UMSL users. Using the drop box system is as simple as visiting <http://www.umsl.edu/dropbox>. Once out at the site login with your SSO ID and password. Then simply enter the email address of the person sending your file to, browse for the file and click submit. Give it a try.

Chancellor's Awards for Excellence

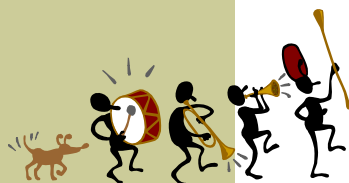


UMSL Chancellor Thomas George recognized six outstanding faculty and staff members with a Chancellor's Award for Excellence at the annual State of the University address.

Tina Saunders (pictured 3rd from right), senior academic advisor in the College of Nursing, received the Chancellor's Award for Excellence for administrative/professional. As the college's lead undergraduate advisor, Saunders demonstrates great communication skills. As chairwoman of the campus's Academic Services Committee, she has taken on the job of leading the development of an advising handbook for advisors and another for students for the UM System's Access to Success project. Translating the necessary information for professional advisors across campus is often as challenging as translating it for new students.

Carolyn Jones (pictured 2nd from right), administrative associate in the Department of Anthropology, Sociology and Languages in the College of Arts and Sciences, received the Chancellor's Award for Excellence for office/technical. Jones daily assists both faculty and students in the department with various activities, always ensuring things run smoothly. She's professional and pleasant, and cares a great deal about doing a good job. Jones has worked hard at mastering the intricacies of the system and always completes tasks with a smile. She's the first to offer up assistants or find the correct answer for any problem.

Antonio Clay (right), a mail carrier in the Office of Mail Services received the Chancellor's Award for Excellence for service/maintenance. Clay is known by his coworkers as being a very involved employee. He can be seen at many campus events and is always involved with faculty, staff and students. Clay prides himself with ensuring that all mail is delivered and sent out on time. He is the first to jump in when the department is shorthanded and is always ready to take on additional task to assure things in the UMSL mailroom run smoothly.



HOMECOMING 2010 Meet Me at the Fair

**Monday
October 18:**

Homecoming Kickoff Fair
1pm, MSC Patio & Lawn

Homecoming Movie: Toy Story 3
7pm, MSC Patio & Lawn

**Tuesday
October 19:**

Homecoming Spirit Day
All Day, and The Nosh, Aroma's,
UMart, and Oak Cafe

Homecoming Blood Drive
10am-3pm, JC Penney Summit Lounge

Alumni Chili Dinner
7pm, Oak Hall

**Wednesday
October 20:**

Big Man on Campus (BMOC)
12pm, Pilot House MSC

Homecoming Volleyball Game
7pm, Mark Twain

**Thursday
October 21:**

Shopping Cart Parade
3pm, MSC Patio & Lawn

ABC Step Show
7pm, Touhill Performing Arts Center

**Friday,
October 22:**

Greeks vs. Romans Football
1pm, Mark Twain

Homecoming Tailgate
4pm, Mark Twain

**Homecoming Women's Soccer
Game**
5pm, Don Dallas Field

Homecoming Men's Soccer Game
7:30pm, Don Dallas Field

**Saturday,
October 23:**

Homecoming Dance
6pm, Marriott Union Station Hotel
Doors Open at 6:00 p.m., Dinner at
7:00pm, Dance 8:00 – 11:00pm

For more information, please visit:

<https://fusion.umsl.edu/studentlife/homecoming>.



The Bottom Line

If you have questions, ideas or concerns about the Link or Staff Association, please contact Christopher Boyce, Link editor, at E-mail boycech@umsl.edu or come visit us online at <http://www.umsl.edu/staff>

How Can You Assist with Homecoming?

Homecoming is right around the corner, and the programming committee needs your help! Every year, the Staff Association helps support the UMSL Homecoming by participating in the parade. The parade will be slightly different this year. Instead of the traditional vehicles used, we will be having a parade using shopping carts. This will allow for more groups to participate, since they don't have to find a vehicle to use themselves.



This year the theme for Homecoming is "Meet Me at the Fair," and we've come up with a great idea for our parade entry. We will turn our shopping cart into a large popcorn bucket. We will then hand out popcorn balls to people along the parade route. In order to make this happen though, we need your help! There are two ways you can help:

1. Volunteer to help decorate the cart. We will let you know when we have access to the cart and what we will need to do to get it decorated.
2. Volunteer to make popcorn balls that will be handed out. If you like to cook, this would be a great chance to make a fun fall treat. A recipe for the balls is located below, or you could use a recipe of your own. Just email me by October 19th to let me know you will do it, and then bring the popcorn balls to me the morning of October 21st by noon.

We hope that you will consider helping out in one of these two ways or by coming out and watching the parade on Thursday October 21st at 3pm on the MSC lawn. For an entire list of Homecoming activities, visit <https://fusion.umsl.edu/studentlife/homecoming/>

-Harry Harris 516- 4250 or harrisha@umsl.edu

EASY POPCORN BALLS

1 lb. popcorn (6 qt. popped)
2 c. butter
1 lg. pkg. miniature marshmallows (10 oz. pkg.)

In large saucepan melt butter and marshmallows together, stirring constantly. When melted, pour over popped corn mixing together. Shape into 4 inch round balls. Hint: If you butter your hands it makes it easier to shape the balls. These remain soft and easy for children to eat. Wrap balls individually in cling wrap.



UMSL Staff Association 7th Annual Holiday Bazaar

**Tuesday, December 7, 2010
Century Room A
10:00 am –2:00 pm**

Donations needed!!

We need your help! We are looking for:

- Crafts, jewelry, ornaments, gift baskets, etc.
- Baked goods
- New or gently used novels, children's books, DVDs, CDs
- Any other items appropriate for the holiday season!
- Get your department together to make a gift themed gift basket —
Baking, Relaxation, Sports...

Please have non-food donations ready by 11/24/10.

Donations will be accepted by:

- Faith Lucas, 204 Woods, x5090
- Dave Maczynski, 144 SCCB, x 7636
- Theresa Keuss, 351 MSC, x 4602
- Lana Vierdag, 347 SSB, x5523
- OR CALL AND WE WILL GLADLY PICK UP ITEMS FROM YOUR OFFICE!

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

Thank you!