Greetings and Happy Spring!

Thanks to all of those that volunteered, and worked hard to put on another successful Focus on the Future session last week. If you had an opportunity to attend, hopefully you found the session rewarding. Chef Tony, from Sodexo, has provided us with the recipes from the Cooking with the Chef session and those are included in this edition of The Link. Special thanks go out to this year’s co-chairs, Antoinette Sterling, and Jamillah Boyd. Photos from this year’s event are now available on the Staff Association Photo Gallery at www.umsl.edu/staff.

The Staff Association is currently accepting nominations for the annual election that will take place May 2 – May 20, 2011. Nominations are being accepted through April 20, 2011. Please consider serving in one of these important positions. In addition to the upcoming election, a by-law election is currently underway. If you haven’t voted yet, please visit: https://apps.umsl.edu/webapps/ITS/staff_vote/login.cfm to cast your vote on the four proposed by-law changes.

The Spring 2011 Staff meeting for all staff will be held on April 27th at Noon in the J.C. Penney Building. Chancellor George will be joining us to give a few remarks. Ron Gossen, the University’s Chief Marking Officer will also be joining us to discuss UMSL’s current marking efforts. We hope you can bring your lunch, and join us to hear or special guests, and enjoy some light snacks.

One last reminder, the rescheduled 1st Annual Staff Association Golf tournament will be held on Friday April 29th, if you’d like to sign up visit www.umsl.edu/staff for the registration form.
Riverstars Employee of the Month

March 2011 Winner - Good Work Ethic

Deborah Buyck
Student Development Coordinator
Center for Student Success

Congratulation to Deborah!

Volunteer of the Month-March

"Mike has been volunteering with the Thomas Jefferson Library since October of 2010. His attention to detail and tenacity is commendable and his love of books and libraries is quite evident. The library is lucky to have him as a member of our team. Mike has proven to be very dedicated person and always goes out of his way to help other people. We learned of his interest in American Civil War and in World War I and World War II. We appreciate his service very much."

Mike Edge

Relay For Life Reminder!

Relay for Life 2011, a fundraiser for the American Cancer Society, will be held from Friday, April 29, 2011 at 6 pm until Saturday, April 30, 2011 at 6 am.

For more information about the event, visit www.relayforlife.org/umslmo or contact Faith Lucas (flucas@umsl.edu) regarding the UMSL Staff team. Thanks for your consideration and support!
UMSL Postal Services

Did you know UMSL has a United States Post Office on Campus?

University of Missouri – St. Louis Postal Services is pleased to announce the opening of our United States Postal Service Contract Unit on March 17, 2011. Services such as express mail, priority mail, domestic and international mail, insured mail, certified / registered mail with return receipt to include delivery and/or signature confirmation. Stamps will also be available for purchase.

Our hours of operation will be Monday through Friday 8:30 a.m. to 4:30 p.m. We accept cash, debit or credit cards.

UMSL Postal Services continues to meet your postal needs. Please call 314-516-5299 if have any questions or comments.

Pay Advices Go Paperless:

REMINDER! As published in The H.R. Record for January-February 2011 pay advices will become paperless.

Beginning April 2011 UMSL will join the other campuses in going paperless with pay advices. Employees will have access to view and print their pay advices through myHR. In addition, pay advices for previous pay periods will be available to view and print.

Please visit myHR in the coming weeks to review your pay advice and prepare for the pay advice going paperless. MyHR can be accessed from the UMSL home page: http://www.umsl.edu as well as the HR Website: http://www.umsl.edu/services/hrs. Once logged on:

Click the link Self Service

Click the link Payroll and Compensation

Click the link View Paycheck

Click the link Print My Pay Advice

Your most recent pay advice will display. Internet Explorer is the recommended internet browser. However, if Internet Explorer does not work, we recommend you use Firefox.

Accessing myHR is a fast, secure, and cost effective way for employees to receive their pay advices. If you have any questions, please contact the HR Payroll Office at 5237, 5238 or 5803.
Volunteer Income Tax Assistance

The UMSL VITA program provides free tax preparation for low income, disabled, and elderly members of our community—the City of St. Louis, St. Louis County, and St. Charles County. All UMSL VITA volunteers have been certified by the IRS to prepare tax returns.

Contact information: Phone: (314) 516-7188, E-mail: vita@umsl.edu
website: http://www.umsl.edu/~vita/index.htm

Employee Volunteer Program

Since the Employee Volunteer Program was announced last month—the Volunteer Services office has been busy fielding phone calls from excited staff members anxious to begin volunteering in the St. Louis Community.

Just in case you may have missed the campus announcements—here are the details of the Employee Volunteer Program:

Beginning July 1st all full time (non-probationary) UMSL benefit eligible staff members will be allowed up to eight hours/year of paid time to volunteer from the approved listing of volunteer organizations. The time must be pre-approved by the employee’s supervisor and must not interfere with the regular workload. Employees will be given time to volunteer during regular working hours (Monday-Friday 8:00am-5:00pm) and will be asked to provide signed documentation from the organization upon the completion of their service hours.

If you are looking for a location to volunteer, a listing of potential non-profit volunteer organizations are posted on the Volunteer Services website http://www.umsl.edu/services/volunteer/evp.html and will be updated on an on-going basis. If you already have an organization in mind and you don’t see it on the list—please contact the Volunteer Services Office ext. 4106 to have it added.

An Employee Volunteer Fair will be held on Thursday, May 19, from 10:00am-2:00pm in the Century Rooms of the MSC with a sampling of eligible organizations in attendance to answer questions about volunteering opportunities. Employees can complete a pre-registration form listing their contact information, t-shirt size and volunteer organization interest.

Elizabeth Pawloski
UMSL Volunteer Coordinator

UMSL Civic Engagement

Come join us in celebrating UMSL’s being recognized by the Carnegie Foundation as a Community Engaged University! You can find more information on the the flyer at the end of this publication or by clicking on the following link: http://www.umsl.edu/services/ctl/instr_support/ce2011.html
Focus on the Future (Cooking with the Chef Recipes)

Chopped Italian Salad

1 head romaine lettuce cut into 1-inch squares
1/4 pound sliced pepperoni, chopped
1/3 cup drained sliced pimientos (one 4-ounce jar)
1/3 cup chopped red onion
1 1/2 cups drained, rinsed, and chopped canned artichoke hearts (one 15-ounce can), or 1 1/2 cups pitted and chopped green or black olives

3 tablespoons red- or white-wine vinegar
1/4 cup olive oil
1/2 teaspoon salt
1/4 teaspoon fresh-ground black pepper
1/2 cup grated Parmesan

In a large glass or stainless-steel bowl, combine the romaine, pepperoni, pimientos, onion, and the artichoke hearts or olives. Toss to combine. Add the vinegar, oil, salt, pepper, and Parmesan to the bowl. Toss thoroughly to combine the ingredients.

Variations: Use chopped salami or prosciutto instead of the pepperoni. Add some chopped pepperoncini to spice up the salad. Try a cup of drained and rinsed canned chickpeas instead of the artichoke hearts. Diced provolone cheese would make a nice addition. Stir in about a third of a cup of thin-sliced basil leaves.

Tomato and Basil Bruschetta

Tomatoes-Plum, Fresh Diced 1/4" 5 5/8 - OZ
Garlic, Fresh Minced 3 /8 - TSP
Basil-Fresh Chiffonade 1 1/4 - TSP
Balsamic Vinegar 1/4 - TBSP

Combine all ingredients. Mix well. Hold refrigerated at internal temperature of 40 degrees F. or below for use.

Wedding Soup

Vegetable Salad Oil 1/4 - TBSP
Garlic, Fresh Minced 1 /4 - OZ
Onions-Yellow, Fresh Diced 1/4" 2 1/4 - OZ
Celery-Fresh Diced 1/4" 2 1/4 - OZ
Carrots-Fresh Diced 1/4" 2 1/4 - OZ
Water 1 - 3/8 QT
Bases-Chicken, No MSG 1 - 3/8 FL OZ (1 3/4 - OUNCE - WEIGHT)

Basil-Sweet, Dried 1/4 - TSP
Bay Leaves, Whole - OZ (5/8 - EACH)
Orzo, Dry 2 7/8 - OZ
Escarole 1/2" Pieces 2 1/4 - OZ
Meatballs, Cooked, .5 oz (CONV) 24 - EA (1 - 1/2 POUND)
Salt, Kosher 1/4 - TSP
Pepper-Black, Ground 1/8 - TSP

In kettle, combine salad oil, garlic, onion, celery and carrot. Cover and cook (sweat) until onions are clear. Do not brown. Add water, base, thyme, basil, bay leaves and orzo. Simmer until base is completely dissolved. Simmer for 45 minutes or until orzo is just tender. Add escarole, meatballs, salt and pepper. Simmer for 10 to 20 minutes. Remove all bay leaves before service. Serve with Parmesan cheese on the side.
Focus on the Future (Cooking with the Chef Recipes)

Chicken Marsala

SAUCE-MARSALA, MUSHROOM (SS), 1 & 1/2 C
Chicken Boneless brst, 4 Oz Pieces 1 & 1/2 LB
Salt, Kosher, 1 TSP
Pepper-Black, Ground, 1/4 TSP
All-Purpose Flour, 1 & 1/2 - OZ
Olive Oil, 1 - FL OZ

Prepare Mushroom Marsala Sauce according to recipe. Place chicken between 2 sheets of plastic. Pound to an even thickness. Season chicken with salt and pepper. Dredge in flour, shaking off excess. NOTE: Discard leftover flour at end of meal period. In a sauté pan, heat oil over medium heat. Add chicken. CCP-- Sauté until golden brown and minimum internal temperature is 165 degrees F. (for 15 seconds). CCP-- Hold hot (140 degrees F. or above) for service. As needed for service, ladle 2 oz sauce over each chicken breast.

Mushroom Marsala Sauce

SAUCE-DEMI-GLACE (MIX) 6 - 7/8 FL OZ
Olive Oil 3/8 - TSP
Garlic, Fresh Minced 5 /8 - TSP
Shallots, Peeled, Fresh Minced 1 7/8 - TSP
Mushrooms-Fresh Sliced 1/4"  5 1/8 - OZ
Wine-Marsala  2 - 5/8 FL OZ

Prepare Demi-Glace according to recipe. In a saute pan, heat oil over medium heat. Add garlic, shallots and mushrooms. Saute until tender. Add wine to deglaze pan. Cook until liquid is reduced by one-third. Stir in demi-glace. Heat to minimum internal temperature of 165 degrees F. (for 15 seconds). Hold hot (140 degrees F. or above) for service or cool quickly (per HACCP) to internal temperature of 40 degrees F. or below.

Tiramisu

*6 egg yolks
3 tablespoons sugar
1 pound mascarpone cheese
1 1/2 cups strong espresso, cooled
2 teaspoons dark rum
24 packaged ladyfingers
1/2 cup bittersweet chocolate shavings

In a large bowl, using an electric mixer with whisk attachment, beat egg yolks and sugar until thick and pale, about 5 minutes. Add mascarpone cheese and beat until smooth. Add 1 tablespoon of espresso and mix until thoroughly combined.

In a small shallow dish, add remaining espresso and rum. Dip each ladyfinger into espresso for only 5 seconds. Letting the ladyfingers soak too long will cause them to fall apart. Place the soaked ladyfinger on the bottom of a 13 by 9 inch baking dish, breaking them in half if necessary in order to fit the bottom.

Spread evenly 1/2 of the mascarpone mixture over the ladyfingers. Arrange another layer of soaked ladyfingers and top with remaining mascarpone mixture.

Cover tiramisu with plastic wrap and refrigerate for at least 2 hours, up to 8 hours. Before serving, sprinkle with chocolate shavings.
Save the Date

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>Civic Engagement</td>
<td>April 11th @ 3:30 pm</td>
<td>MSC Century Room C</td>
</tr>
<tr>
<td>Bleacher Bash</td>
<td>April 13th @3pm</td>
<td>South Campus Baseball Field</td>
</tr>
<tr>
<td>Budget and Planning</td>
<td>April 15th @ 1pm</td>
<td>JCP Building, 222</td>
</tr>
<tr>
<td>Faculty and Staff Retirement Meeting</td>
<td>April 20th @ 2pm</td>
<td>MSC, SGA Chambers</td>
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<tr>
<td>Mirthday 2011</td>
<td>April 20th 12 pm—4 pm</td>
<td>Parking Lots C&amp;D</td>
</tr>
<tr>
<td>Spring Staff Meeting</td>
<td>April 27th @ 12pm</td>
<td>Summit Lounge</td>
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<tr>
<td>Staff Association Golf Tournament:</td>
<td>April 29th</td>
<td>Normandy Golf Club</td>
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<tr>
<td>Relay For Life</td>
<td>April 29th @ 6 pm</td>
<td>MSC Lakes</td>
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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
UMSL To Become Smoke Free

During the November 2010 University Assembly meeting a revised non-smoking policy was approved for the University of Missouri St Louis. In effect the UMSL campus will be smoke free as of July 1, 2011. The complete policy is as follows.

Policy
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.

Exceptions
The policy does not apply to individuals in privately owned or privately leased vehicles with the windows and sunroofs or similar devices in the fully closed position.

Another exception to the policy applies to individuals participating in academic research on tobacco-related topics or other such accommodations approved by the Campus Institutional Review Board, provided that the activity is conducted in an appropriately ventilated area.

The Chancellor may approve other exceptions to the policy after considering the intent of the policy as balanced against specific facts and circumstances set forth in a written request from a senior level administrator.

Smoking Cessation
University Health, Wellness and Counseling Services will work to provide smoking cessation programs for all students, faculty, and staff.

Respect & Responsibility
The success of this policy relies on the thoughtfulness, consideration, and cooperation of smokers and nonsmokers for its success. All members of the University community share the responsibility of adhering to the nonsmoking policy. They should also bring it to the attention of visitors. Any complaints should be brought to the attention of the appropriate University authorities. If conflicts or problems should arise, environmental health and safety considerations shall prevail.

~Chris Scheetz
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.

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/healthy4lifestl
Facebook: Healthy for Life: TE Atkins UM Wellness

Farmers Market
Rain and sunshine have brought a bounty of produce to our local farmers. Visit one of the many St. Louis area market’s:

- Soulard Market (City of St. Louis Department of Parks, Recreation and Forestry) 730 Carroll Street, St. Louis, MO, 63104, Phone: (314) 622-4180
- Downtown Tower Grove Farmers’ Market Locust Street between 8th and 9th Streets & Old Post Office Plaza More information: www.tgmarket.org
- Sappington Farmers’ Market 8400 Watson Road, St. Louis, MO, 63119 Phone: (314) 843-7848
- Ferguson Farmer’s Market 110 Church Street, St. Louis, MO 63135 Phone: (314) 524-1820
- Summit Produce Kirkwood Farmers’ Market 150 East Argonne Drive, Kirkwood, MO 63122-4308 Phone: (314) 984-9496
- CJ’s Produce & Plants, East End of the Historical Kirkwood Farmers’ Market 150 East Argonne Drive, Kirkwood, MO 63122 Phone: (314) 825-5621

For more locations, visit: http://agebb.missouri.edu/fmktdir/view.asp?region=5

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. Get your colleagues moving, building camaraderie, and getting healthy.

Walk your way to good health! 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 Faith Lucas at 516-5090

Prizes now awarded up to 10 million steps!

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

Wednesday,
April 27

Summit Lounge, J.C. Penney Building
Noon—1:00 p.m.

No time to attend? Bring your lunch!
Tables, seating, and snacks will be available.

Who is the Staff Association?
All administrative, service and support staff of
the University of Missouri-St. Louis who have a
full-time equivalence of 75% or more will be
considered members of the Staff Association.

Staff Council members will be in attendance to
meet with staff and talk about what the Staff
Association is, what Council members do, and
how you can get involved.

Join fellow staff colleagues at the semi-
annual Staff Association meeting, where the
following items will be on the agenda:

◊ Opening remarks with Chancellor George
◊ Staff Association business update with
  President, Chris Scheetz
◊ UMSL’s current marketing efforts with Ron
  Gossen, Chief Marketing Officer

All staff employees are highly encouraged to attend
Celebrating UMSL’s Civic Engagement!

Monday, April 11, 2011

Let Us Eat Cake

Various Times and Locations

Join various campus colleges and departments as they celebrate and highlight their Civic Engagement.

Civic Engagement: Why Should We Care?

3:30 PM, Century Room C, MSC

What is Civic Engagement? Why is it important? How does it fit our mission? Why do future employers care? Find out answers to these questions and more!

Want to know where you can get your cake?
Visit: http://www.umsl.edu/services/ctl/instr_support/ce2011.html

Sponsored by the Provost’s Steering Committee for Civic Engagement
BLEACHER BASH 2011

APRIL 13, 2011 | 3PM
UMSL VS. BELLARMINE UNIVERSITY
SOUTH CAMPUS BASEBALL FIELD
FREE FOOD, FREE PRIZES AND FREE FUN!
BRING NON-PERISHABLES TO DONATE FOR ONE FREE TSHIRT PER PERSON