UMSL Staff,

As we wrap up the semester this spring I would like to call attention to the dedicated staff members who work diligently to make certain UMSL students meet their deadlines and achieve their goals. It is well known campus wide that UMSL staff goes above and beyond to ensure student success. Hats off to UMSL staff members for all their hard work.

Staff Association elections are currently open and will be held through May 31, 2012. Please make sure to login and vote for your future Staff Association representation.

This summer I hope that each of you will take a moment to enjoy activities and events that the Staff Association has planned, like the upcoming kickball game, Wednesday, June 20th. and also programs that we have supported such the Ferguson Citywalk Wednesday Lunch Trolley.

Again, please remember that Staff Association Council members’ plan and host annual fundraising events for the John Perry Scholarship Fund to help financially support UMSL Staff members’ children in their higher education pursuit. For more information about the John Perry Scholarship Fund please visits the Staff Association website at www.umsl.edu/services/sassoc/.

Finally, don’t forget to 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.

Sincerely,

[Signature]
Riverstars Employees of the Month

April 2012 Winner
Marvelous Motivator

Kathy Thompson
Executive Staff Assistant II
University Advancement-Administration

Congratulations to Kathy!

Volunteer of the Month

"I nominate George Shaw for Volunteer of the Month as a way to show him that the School of Social Work appreciates his good work and the fine example he sets in the community as an UMSL volunteer. George comes in every week ready to work. He learned basic Excel functions to increase his skill set and be as useful as possible to the MSW and Field Education office. He has a strong work ethic, is always on time and always polite and friendly. He calls in to see if we have something for him to do, and lets us know his availability. He is a hard worker, always interested in learning something new, and completes the various tasks given to him quickly and quietly. This young man is an example of someone who helps himself by helping others.

George has a remarkable attention to detail that enables him to perform his tasks virtually without error, so he is often called upon to prepare mailing labels, event name tags, often as many as 100 at a time, and also helps out with filing and data entry for some of our tracking spreadsheets. He helps set up for events, makes copies, runs errands etc., but most importantly, George has a way of making people smile."

George Shaw

Cindy Gemignani - Administrative Assistant, Office of Social Work
Meet The Staff— Patricia Hinton

What is your position on the Staff Council?
I am the Unit Representative for Benton Hall, Stadler Hall, Research Building, Thomas Jefferson Library and Center for Nanoscience.

Why is the Staff Association important to you?
It has given me the opportunity to connect with a with a variety of staff employees from different departments. It also allows me to hear about and engage in discussions about topics that affect me concerning the university.

What is your position at the University?
I am an Administrative Assistant in the Biology department where a couple of my duties are being responsible for reconciling our department corporate purchases and generating reports for the many grants in our department. I am also the Secretary for the Whitney R. Harris World Ecology Center and continue to be webmaster for that division.

What are your hobbies and interests?
Being a single mom of two pre-teens, a girl and a boy, that keep me extremely busy, one of my favorite hobbies is relaxing. Although taking naps and sleeping is a big part of that, other activities also serve the same purpose. I recently resurrected my love of reading romance novels on my kindle fire and borrow a lot from the county library’s ebook source. I love going to the movies and watching movies on Netflix. I also love watching television drama, favorites being Desperate Housewives (hate to see them go), Grey’s Anatomy, Private Practice, Once Upon a Time and The Game to name a few. My DVR is full because my kindle fire has trumped all the time I used to watch those. Dinner and a movie or mani pedis with an old college buddy or coworker when I get a few minutes away from the kids are also very relaxing. A movie marathon of old Black & White movies on a Saturday can do wonders when doing housework.

I’m very interested in health, fitness and nutrition and am always trying to find ways to incorporate my children to promote healthy lifestyles, which can be very challenging when it’s so much easier to go through a drive-thru window. Walking our dog in the neighborhood, doing yard work, as well as fun family activities like going to the playground with the kids, bowling and riding bikes together all helps.

I am a member of Zeta Phi Beta Sorority, I pledged at Southern Illinois University where I received my Bachelors in Business Administration. I am originally from East Saint Louis and still commute to church in Caseyville, Illinois in order to keep in contact with my family. I am from a very religious family which currently has two active pastors, a bishop, a chaplain and innumerable ordained ministers. I am very active in my church, but recently I had to relinquish some of my duties due to increased activities involving my children. I have been head usher, prayer and Bible band teacher, Sunday school secretary, state choir member and national choir member. I continue to be Sunday school teacher, local choir member, choir director and soloist. I am also a member of Black Faculty and Staff Association at UM-St. Louis. I am very interested in continuing my higher education and have taken courses to obtain an MBA. I embarked on this endeavor by taking as many classes as I could in the undergrad level that will waive graduate courses because I could take them during the day in lieu of a lunch hour and didn’t have to take any more time away from my children. I am at the stage now where I will be applying for graduate school and finishing up the courses hopefully online.
Dorm Life to the Suite Life

Do you remember being a college student? The excitement you felt, the sense of accomplishment getting an A on an exam. The first time you stepped foot inside your first college class and you knew that from that point on you made the right decision. College students today still get the same type of feeling when they first step foot on UMSL’s campus. The University of Missouri-St. Louis provides students with wonderful opportunities to gain the college experience. Although times have changed, the benefits of living on campus still remain the same. No matter where you went to school the benefits you gain make living on campus worthwhile. Ashlee Roberts, Student Services Coordinator in the Office of Student Life, has worked here at UMSL for almost two years and is a graduate from the University of Memphis. We, as a University, put a great deal of emphasis encouraging students to live on campus, but why is living on campus important? “I find value in living on campus, because it is easier to make connections, you build lifelong relationships, you have access to campus resources, and a sense of independence” says Ashlee Roberts. UMSL has a lot to offer outside of academic resources, activities and programs are great ways to connect with the University. “In conversation I can tell who is a commuter and who is a resident, commuters are the people who say that there is nothing to do on campus” says Roberts. There is a certain feeling that a student gets by living on campus, and at a University where your thoughts and opinions really matter and are taken in consideration it makes the experience even more worthwhile. UMSL is a growing campus. At just 50 years old the University is making the right strides to an increased presence in the student population that lives on campus.

Like Ashlee Roberts, Bob Ell had similar experiences at Truman State University where he is a graduate from. Bob is the Coordinator of Programs and Special Events for the International Studies Department. “Living on campus allowed me to increase my personal network, and helped prepare me for the real world, learning to get along with people” says Ell. One of the benefits of living on campus is that you interact with people that have different views, comes from different socio-economic backgrounds and students learn to grow and live with these people. Students learn how to be themselves as well as respect other students views. “I feel that a student that lives on campus are well rounded , with all the different experiences and really learning the meaning of independence” says Ell. Having access to resources to help you succeed is a priceless benefit. Having study support groups is a priceless experience that is built within the many advantages of living on campus. Statistics show that traditionally students who live on campus have more academic success than those who live off campus. UMSL provides an abundance of opportunities and by living closer to campus those opportunities are easier to take advantage of. “As the University moves forward, year after year the appeal of the University grows with our excellent facilities, and increasing student recruitment efforts” says Ell. UMSL is truly on the rise maximizing the Non-traditional culture, with a flare of a traditional University. The University of Missouri-St. Louis is a great University where a person can LIVE, LEARN, EXPERIENCE, GROW.
The Link

Cast Your Ballot!

Dear Staff Association Members,

In April, we called for nominations to the UMSL Staff Association Council and University Assembly Committees. The nomination process is complete, and now it’s time for you to vote on your leadership and representation for the coming year. The ballot is open until 5:00 p.m. on May 31, 2011. Results will be posted shortly after 5:00 p.m. on May 31.

To review the ballot, please navigate to https://apps.umsl.edu/webapps/ITS/staff_vote/login.cfm Or from your mobile device, check out https://apps.umsl.edu/webapps/ITS/staff_vote/mobile/login.cfm

If you have any questions, feel free to contact either Jason Bornhop (bornhopj@umsl.edu) or Dan Tracy (TracyD@umsl.edu).

Happy Voting!

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 normally 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 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.

For more information and tips, go to www.redcross.org and type in “heat” in the search bar.
Save the Date

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>Budget and Planning Meeting</td>
<td>May 18th</td>
<td>JCP 402</td>
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<tr>
<td>EVP Habitat for Humanity</td>
<td>May 23rd</td>
<td>Off-Campus</td>
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<tr>
<td>KickBall</td>
<td>June 20th</td>
<td>See Flyer for Details</td>
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</tbody>
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Staff Recipe—Caprese Salad

**Ingredients Needed:**
- 4-6 ripe tomatoes sliced (depending on size)
- 16 oz roll of mozzarella (or 2-8oz balls) sliced
- 6-8 fresh basil leaves
- Kraft tomato basil balsamic vinaigrette.

**Preparation:**
Arrange tomatoes and mozzarella slices alternating in a spiral around a large platter. Stack basil leaves and roll them together, then slice or chopped into shreds. Sprinkle basil over tomatoes and mozzarella. Then drizzle dressing to lightly cover everything. (I use about ¼ of the bottle.)

Serves at least 8-10 Great side dish to BBQ! Enjoy!

*Contributed by Melissa Laurenti*

STL Symphony Gypsy Caravan

The Symphony Volunteer Association (SVA) will soon hold its 40th Gypsy Caravan, on Memorial Day, Monday, May 28, 2012. Gypsy Caravan will take place on the North Campus of University of Missouri-St. Louis on the outdoor surface parking lots B, C/D, and E and in the Millennium Parking Garage South. [Click here](PDF) for a map of the Gypsy Caravan site.

**NEW! Save by ordering advance General Admission tickets now for only $7.50!** Advance tickets are available for admission from 9:00am-5:00pm on Monday, May 28, and can be purchased online, by phone (314-534-1700) and at the Powell Hall Box Office through Saturday, May 19 only.

Since 1973, the St. Louis Symphony Volunteer Association has presented one of the largest antique, craft and flea markets in the Midwest, raising over $3.4 million in support of the STL Symphony.

Gypsy Caravan vendors come from 20 states and sell something for everyone: antiques, collectibles, crafts, jewelry, furniture, clothing, imports, yard art and more!

This year’s event includes a new children’s area with activities and entertainment. You’ll also find 72 covered vendor spaces, the Triton Dining and Beer Garden, as well as a Shopper’s Guide for the first 10,000 attendees.

[http://www.stlsymphony.org/gypsycaravan/](http://www.stlsymphony.org/gypsycaravan/)
Summer Fun

June 2 – 3, 2012: Lewis and Clark Heritage Days
Lewis and Clark Heritage Days portray another time and place in Saint Louis when pioneers commenced the exploration following the Louisiana Purchase. The weekend commemoration warrants victuals, a candlelight camp tour, fire starting competition, kids activities, demonstrations and more. www.lewisandclarkheritagedays.com

June – August 2012: Kimmswick Strawberry Festival
It’s all about strawberries and outdoor fun at the . Featuring, strawberries prepared in almost every format, favorites such as “strawberry cheesecake, chocolate covered strawberries, and strawberry shortcake, should be in good supply. The schedule showcases a jazz Polka band, a petting zoo and other fun activities. http://www.visitkimmswick.com/strawberry_festival

July 28-29, 2012: The Muny
While Saint Louis is renowned for its share of professional, American sports teams (Cardinals, Blues and the Rams), the Midwest city is not void of theatre and culture. The Muny embodies Broadway-style performances under the stars. The landmark is America’s largest and most antiquated outdoor musical theatre. Starting from June through August, “Chicago,” “Aladdin,” “Dream Girls” “Joseph and the Amazing Technicolor® Dreamcoat” and others take the stage. Ticket prices vary: Free to $70.00 http://www.muny.org/

May 25 - September 3
The St. Louis Zoo is always free, but each summer day 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.

June 1, July 6 & August 3
Admission to the St. Louis Science Center is free for everyone (except for special exhibits). On the first Friday night of each month there is also a free Star Party at the Planetarium. Members of the St. Louis Astronomical Society set up telescopes for public viewing and are available to answer questions.

May 18, June 15, July 20, August 17, September 21
The The Magic House, has free admission on the 3rd Friday of the month from 5:30 p.m. to 9 p.m.

Also,
See world class art for free at the St. Louis Art Museum in Forest Park. Museum admission is free for everyone (except special exhibits.)

Citygarden is one of the newest attractions in Downtown St. Louis. It's a city park filled with fountains, wading pools, sculpture and more. It's a great free place for kids to play on a hot summer day. Citygarden is located along Market Street between 8th and 10th Streets. It is open daily from sunrise to 10 p.m.

Residents of St. Louis City and County can get in free at the Missouri Botanical Garden on Wednesdays and Saturdays before noon, but be sure to bring proof of residency. And during the summer, everyone gets free admission on Wednesdays after 5 p.m., for the Whitaker Music Festival and Children's Garden.

Events above are taken from:
http://www.saintlouistravel.net/index.php/2012/05/summer-2012-saint-louis-events-to-plan/
http://stlouis.about.com/od/topattractions/tp/free_top_attractions.htm

Find valuable coupons and deals for many area attractions at http://www.familyattractionscard.com/index.php
John Perry Scholarship Extension!

The John Perry Scholarship Application Deadline has been extended to May 31 and is now open to all dependents of UMSL staff members! Please visit http://www.umsl.edu/services/sassoc/jppscholarship/application.html for the application.

Healthy For Life

Eat for Life 10 Week Class – Control your weight without dieting! – Enroll Now for Online Course!

Discover the benefits of this innovative approach to weight management. If you have a history of chronic dieting, have rigid “healthy” rules about eating, or find yourself eating when you’re stressed, bored, or unhappy, this may be the program for you. The program uses mind-body practices (meditations and yoga), the principles of mindful and intuitive eating, skills training, and group support to guide you in making lifestyle changes that will help you create a healthier relationship to your food, mind, and body. Online classes are taken at your own time during the week in order to fit around family and work. Class starts week of June 1. Cost: $50 ($25 refunded with full participation). To enroll contact ThompsonRac@umsystem.edu.

Optometry Eyeglass Recycling

Pre-optometry Club is still collecting eyeglasses for their annual eyeglass recycling program. Collection boxes are located in the MSC bridge and on south campus in Marillac Hall Lobby until May 29th at 5:00PM. Help Pre-Optometry with a record collection year!

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/

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
Are you looking for some stress relief after work?
Can you run bases while gloating over your athletic success?

Then YOU are who we are looking for!!!!
The first ever Staff Association KickBall Event (Balls of Thunder) will take place **Wednesday June 20th @ 5pm at the Softball field.** Two elite teams comprised of staff members from across campus will battle to the death...or until one team is winning by way too many runs. You have been extended an invitation to bring your skills to the battlefield.

To join, all you have to do is send an email to harrisha@umsl.edu (subject line: --I’m ready to kick some balls!!!) to reserve your spot by **June 18th at noon.** You will be emailed which team you are on the morning of the battle.

Only 1 team can survive. Period.

**Short Version:**
- **Staff Kickball**
  - June 20th
- **You email to reserve your spot**
  - by June 18th
- **You help crush your opponents**

If you need directions to the Softball field, you can use the UMSL App...or check a map. (Hint...next to the Fine Arts building)
Winning team gets featured in an upcoming issue of the LINK!!!

Got questions? Email Harry Harris: harrisha@umsl.edu
*If you planned on coming out the last time, we’d love to have you come out again...just drop us a line.
THE FERGUSON CITYWALK LUNCH TROLLEY IS BACK!

Every Wednesday starting May 9, 2012, the Citywalk Lunch Trolley will pick up passengers on the UMSL campus and provide round-trip shuttle to Ferguson Citywalk restaurants for lunch. The trolley will start at 11:45am and pick up at these locations:

1. Millennium Student Center
2. Marillac Hall
3. Woods Hall

Sandwich board signs will be out at trolley pick-up sites. The trip is about 10 minutes each way and will make four continuous loops between 11:45am and 2:00pm. The trolley will drop off and pick up at Ferguson restaurants.

If you have any questions call Mary at 332-5546.

Enjoy your lunch in Citywalk!
Restaurant Guide

Celebrity Southern Soul Food
103 N. Harvey
(314) 521-0310
celebritysoulsfood.com

CORK Wine Bar
423 S. Florissant Rd.
(314) 521-WINE
corkwinebarstl.com

Corner Coffee House
100 N. Florissant Rd.
(314) 521-4600

cose dolci bakery
100 S. Florissant Rd.
(314) 799-2157
cosedolci.com

El Palenque
254 S. Florissant Rd.
(314) 524-6200

Faraci Pizza
520 S. Florissant Rd.
(314) 524-2675

Free Range Cookies
425 S. Florissant Rd.
(314) 882-0163
freerangecookies.com

Ferguson Brewing Co.
418 S. Florissant Rd.
(314) 521-2220
fergusonbrewing.com

Imo’s Pizza
510 Airport Rd.
(314) 522-9000
imospizza.com

KFC
219 N. Florissant Rd.
(314) 522-1186
kfc.com

Little Caesars Pizza
220 N. Florissant Rd.
(314) 524-5442
littlecaesars.com

Marley’s Bar & Grill
500 S. Florissant Rd.
(314) 524-3277
marleys-ferguson.com

Mimi’s Subway Bar & Grill
45 N. Florissant Rd.
(314) 524-6009
mimis46northbarandgrill.com

New Chinese Gourmet
42 S. Florissant Rd.
(314) 522-0026

Popeye’s Chicken
20 Airport Rd.
(314) 521-9599
popeyes.com

Queen’s Chinese Restaurant
130 S. Florissant Rd.
(314) 521-0208

Quizno’s
258 S. Florissant Rd.
(314) 521-8080
quiznos.com

The Red Apple
304 S. Florissant Rd.
(314) 521-0440

Smokemasters BBQ & Fish
701 S. Florissant Rd.
(314) 524-5030

Spencer’s Bakery
100 Church St.
(314) 521-0259

Subway
151 S. Florissant Rd.
(314) 524-1011
subway.com

Vincenzo’s Italian Ristorante
242 S. Florissant Rd.
(314) 524-7888
vincenzosstl.com

The Whistle Stop
1 Carson Road
(314) 521-1600
whistlестopdepot.com

fergusoncitywalk.com
UMSL ALUMNI HOSTED TRIP
IN CELEBRATION OF WINE CRUISE

Hosted by BARRY WISS, CWE, V.P. Trade Relations at Trinchero Family Estates & KIM WISS, Estate Chef, Antica Napa Valley - Antinori Wine Estates & GARY MURPHY, AMAWATERWAYS V.P. National Accounts

THE ENCHANTING RHINE FROM $3,170 PER PERSON CRUISE ONLY
Plus $150 tax deductible donation to UMSL Alumni Association

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<tr>
<th>DAY</th>
<th>DESTINATION</th>
<th>ACTIVITY</th>
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<tbody>
<tr>
<td>Nov 10</td>
<td></td>
<td>Overnight flight to Switzerland</td>
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<td>Nov 11</td>
<td>Zurich</td>
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<td>Nov 12</td>
<td>Zurich</td>
<td>Walking tour</td>
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<td>Nov 13</td>
<td>Zurich</td>
<td>Transfer to Lucerne</td>
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<tr>
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<td>Lucerne</td>
<td>Walking tour</td>
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<td>Basel</td>
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<tr>
<td>Nov 16</td>
<td>Breisach</td>
<td>City tour; EMBARKATION’ Welcome Dinner</td>
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<td>Onboard wine lecture</td>
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<td>Colmar &amp; Riquewhir “Alsace” excursion</td>
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<td>OR “Black Forest” Breisach &amp; Freiburg excursion</td>
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<td>Onboard Alsation wine tasting</td>
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<tr>
<td>Nov 17</td>
<td>Strasbourg</td>
<td>Canal cruise &amp; City tour OR guided bike tour</td>
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<tr>
<td>Nov 18</td>
<td>Speyer</td>
<td>Onboard wine lecture; Heidelberg excursion</td>
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<td>Nov 19</td>
<td>Koblenz</td>
<td>Siegfried’s Music Museum</td>
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<td>&quot;Berg Rottland” wine tasting</td>
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<td></td>
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<td>Rhine Gorge scenic cruise</td>
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<td>Nov 20</td>
<td>Cologne</td>
<td>Walking tour; Captain’s Dinner</td>
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<td>Onboard wine lecture</td>
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<td>City tour &amp; Cathedral visit OR guided bike tour</td>
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<td>Dinner &amp; Kolsch beer tasting at Brewery</td>
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<tr>
<td>Nov 21</td>
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<td>City tour &amp; Canal cruise</td>
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<tr>
<td>Nov 22</td>
<td>Amsterdam</td>
<td>DESEMBARKATION</td>
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YOUR EXCLUSIVE WINE CRUISE FEATURES

Barry & Kim Wiss will share their knowledge & love of wine
Winery visits & wine-oriented shore excursions
Fine dining plus wine tastings, lectures & wine pairings
Complimentary wine, beer & soft drinks with dinner
Luxurious accommodations aboard state-of-the-art vessels
Spacious staterooms with French balconies
Complimentary in-room Hollywood movies, Internet & Wi-Fi
Onboard entertainment provided every evening
Enriching shore excursions daily with personal headsets
Spa, sauna & fitness center
Bicycles to explore on your own & guided bicycle tours
Services of a professional Cruise Manager

7-night Basel-Amsterdam cruise on board the AMACELLO: Cruise Embarkation November 15, 2012
Additional 2 nights in Zurich & 2 nights in Lucerne for $1,040 per person

All rates are in U.S. dollars and are based on double occupancy in a Cat. B; upgrades additional. Pricing includes port charges of $147 per person. $500 deposit due at time of booking. Final payment due Aug. 10, 2012. Itineraries, and all elements, are subject to change; visit www.AmaWaterways.com for updates. Land program and roundtrip airfare are additional.

GWINS TRAVEL | Karen (Cissell) Avery
212 N. Kirkwood Rd., Kirkwood, MO 63122
Ph: 314.822.1957 | kavery@gwins.com
Nov. 10, DEPART USA/CANADA.
Board your overnight flight to Zurich, Switzerland.

Nov. 11, ARRIVE IN ZURICH, SWITZERLAND.
Arrive in Zurich and transfer to your hotel. The balance of the day is free to start exploring this beautiful city. (B)

Nov. 12, ZURICH.
Your morning walking tour of picturesque Zurich will include Grossmünster, St. Peter, with the largest church clock face in the world, Old Town, Town Hall and Fraumünster, which was fully renovated in 2004 and now offers an exceptional 360° panoramic view of Zurich. The afternoon is free to enjoy the town on your own. Perhaps, return to the Old Town, which offers shopping, restaurants and a wealth of nightlife, or shop along Bahnhofstrasse and Niederdorf. (B)

Nov. 13, ZURICH – LUCERNE.
Enjoy a free morning in Zurich, followed by a scenic drive to Vitznau, on Lake Lucerne at the base of Mount Rigi. The scenery surrounding the lake provides spectacular views which you can admire during a lake cruise that will take you to Lucerne. You will dock within walking distance of your hotel. The remainder of the day is yours to enjoy as you wish. (B)

Nov. 14, LUCERNE.
After breakfast, a walking tour will take you to some of Lucerne’s famous cobblestone streets, monuments, fountain-embellished public squares, covered bridges and colorful frescoed buildings. The afternoon is free to shop for watches, knives and world-famous chocolates. Or, you can join the optional tour and cable car ride to the top of a local Swiss Mountain. (B)

Nov. 15, LUCERNE – BASEL – EMBARKATION.
This morning, depart from Lucerne, visiting the Lion Monument en route to Basel. Arrive in Basel for a city tour before embarking your luxurious river cruise ship. Tonight, gather on board for a “Welcome Aboard” Wine Toast as you commence your wine-themed itinerary through some of Europe’s most enchanting and historic wine regions. (B,D)

Nov. 16, BREISACH, GERMANY – COLMAR, FRANCE.
This morning, enjoy scenic cruising and an onboard wine lecture on the way to Breisach, Germany. From Breisach, choose either a Black Forest tour through a scenic forested area where you will encounter a number of lakes as well as charming examples of rural architecture. Or, you can choose to travel to medieval Colmar, situated along the Alsace Wine Route and the self-proclaimed “Capital of Alsace Wine.” This evening, enjoy Alsatian wines at an onboard wine tasting before dinner. (B,L,D)

Nov. 17, STRASBOURG, FRANCE.
The principal city of the Alsace region in northeastern France, Strasbourg, is situated on the Ill River, where it flows into the Rhine on the border with Germany. This morning, take a tour through this charming town lined with narrow cobblestone streets. Then, a canal cruise will take you through this picturesque town, known for its black and white timber-framed buildings, covered bridges and medieval watchtowers. In the alternative to your canal cruise and city tour, you may choose a guided bicycle tour (capacity controlled) which will take you past the Orangerie, the town’s oldest park, the European Parliament, and Place de la Republique. In the afternoon, you will visit the charming wine town of Obernai. After a brief guided tour of Obernai, you will take a short drive to one of Alsace’s most beautiful wine estates. There, in the typical Alsatian setting of Caveau Klipfel, you will tour a unique wine-making exhibit, featuring antique wine presses, Vogues wooden wine casks and old viticulture stock. Your visit will also include a wine tasting in a wood-paneled tasting room. (B,L,D)

Nov. 18, SPEYER – HEIDELBERG, GERMANY.
Depart this morning for Speyer, enjoying an onboard wine lecture en route. From Speyer, you will take an excursion to Heidelberg, where you will visit the red-walled Castle, with its Great Bat, a 49,000-gallon 18th-century wine cask, overlooking beautiful views of the Neckar Valley and Heidelberg below. This evening, enjoy a German-themed dinner will be served on board, accompanied by paired German wines. (B,L,D)

Nov. 19, RÜDESHEIM – RHINE CASTLES – KOBLENZ.
This morning, arrive in Rüdesheim and visit Siegfried’s Mechanical Musical Instrument Museum. You will also visit the Berg Rottland winery for a tour and wine tasting. Depart at lunchtime for Koblenz. You will cruise through the Rhine Gorge, the most beautiful stretch of the river, famous for its castles and the legendary Lorelei Rock. Arrive in Koblenz, a wine town at the confluence of the Rhine and Mosel rivers, where you will take a walking tour. This evening, enjoy a delectable meal with paired wines at the Captain’s Gala Dinner. The ship moors in Koblenz overnight. (B,L,D)

Nov. 20, KOBLENZ – COLOGNE.
This morning, enjoy an onboard wine lecture as the ship cruises to Cologne, famous for its legendary 13th-century Gothic cathedral. Upon arrival, you will take a walking tour through the old part of the city, visit the cathedral and also enjoy a tasting of Kölsch, the specialty beer with the straw-yellow hue brewed in Cologne. In the alternative, take a guided bike tour of Cologne (capacity controlled). This evening, enjoy regional specialties at the Früh Brewery, where you will have dinner. (B,L,D)

Nov 21, AMSTERDAM, HOLLAND.
Arrive in Amsterdam at mid-day. Admire beautiful 17th-century homes, charming churches and 16th-century merchant houses on a guided canal boat tour. Then take a motor coach tour of Amsterdam, including a photo stop at the Rembrandt Windmill, followed by free time in Amsterdam. This evening, bid farewell to your fellow passengers at the Farewell Dinner. (B,L,D)

Nov 22, AMSTERDAM – DISEMBARKATION.
Bid Farewell to Amsterdam and transfer to the airport for your homeward flight. (B)
AUTUMN COLORS
Immerse yourself in the auburn hues of the Eastern US on this fascinating autumn itinerary that visits Massachusetts, Maine, New Hampshire and Vermont. See the quaint villages of New England, explore Acadia National Park, journey through the rolling countryside of the Berkshires and discover Revolutionary War history in Lexington and Concord.

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- This Tour of America’s Beautiful New England is $1875 per person
- Plus $100 tax deductible donation to “UMSL Alumni Association”
- Air Estimate $400 pp

Contact: Colleen
GWINS TRAVEL
212 N. Kirkwood Road
Kirkwood, MO 63122
314-822-1957
Day 1 ARRIVE BOSTON
Welcome to Boston! A complimentary transfer is provided to the hotel where your Travel Director will be on hand to greet you and answer any questions you may have about the exciting days ahead. At 6 p.m., gather at the hotel with your Travel Director and fellow travelers for a Welcome Reception.
Meals: Welcome Reception

Day 2 BOSTON – MAINE COAST – BAR HARBOR
Boat your journey through the vibrant of a New England autumn with a trip up the coast to Maine. Pass by old whaling villages dotted with lighthouses and fishermen’s walks, the playgrounds of New England’s rich and famous, and rocky beaches pounded by the great Atlantic waves on your way to Bar Harbor on Maine’s Mount Desert Island. Once home to the largest hotel in North America, Bar Harbor also played host to the grand summer homes of the American aristocracy, including the Rockefellers, Vanderbilts and Astors. This evening, join your companions for a traditional Maine Lobster Highlight Dinner.
Meals: Full Breakfast and Highlight Dinner

Day 3 ACADIA NATIONAL PARK EXCURSION – BAR HARBOR FREE TIME
At 1,523 feet, Cadillac Mountain in Acadia National Park is the first spot in the United States where you can see the sunrise. You won’t be getting up that early, but you still have plenty of time to admire the view from the top of the peak and then descend to discover the natural riches of New England’s only national park. Marvel at granite cliffs overlooking dramatic, windswept beaches, graceful stony bridges arcing over rushing streams and stands of ancient maples, their leaves glowing fiery red, burnt orange and mustard yellow in the crisp autumn air. Enjoy an afternoon at leisure back in Bar Harbor. Sip a coffee by the sea, stroll the quaint Main Street or take an optional nature cruise on Frenchman Bay.
Meals: Full Breakfast

Day 4 BAR HARBOR – PINKHAM NOTCH – NORTH CONWAY
Bound for Vermont and travel over rolling hills ablaze with color on your way to the wooded valley of Pinkham Notch, formed during the last ice age as glaciers scoured the earth. Take a ride on a gondola up to the top of Wildcat Mountain for stunning views of Mount Washington and the White Mountains. Late this afternoon, arrive in the pretty town of North Conway on the edge of the White Mountain National Forest. After dinner, get acquainted with the local flora and fauna during an engaging talk by a local expert.
Meals: Full Breakfast and Dinner

Day 5 NORTH CONWAY – LUDLOW
Traverse the White Mountains today. As you make your way through forests of sugar maples, mountain ash and white birch, keep your eyes open for native black bear, moose, deer and the dozens of species of birds that call this area home. Crossing into Vermont, spot the traditional wooden covered bridges, thick forests and rolling fields of the Green Mountain State. Stop at a historic woolen mill that now houses the Simon Pearce glassblowing workshop. Enjoy a Be My Guest Lunch featuring local ingredients and deliciously arranged on Simon Pearce’s beautiful stem and flatware. Later, delve into the art and science of glassblowing before continuing to the picturesque village of Ludlow and your mountain retreat.
Meals: Full Breakfast and Be My Guest Lunch

Day 6 WOODSTOCK EXCURSION
Enjoy a day on the back roads of Vermont. Get a glimpse of agricultural life at the Billings Farm & Museum, a lovely estate that’s home to one of Vermont’s finest dairy producers. Woodstock has been called “the prettiest small town in America”—a leisurely stroll around the beautiful village green, see an old-fashioned covered bridge or check out some of the local art galleries. Continue your journey through rural Vermont with a visit to Plymouth and the childhood home of Calvin Coolidge, the 30th president of the United States. Enjoy the rest of your afternoon at leisure in Ludlow.
Meals: Full Breakfast

Day 7 LUDLOW – SPRINGFIELD
From the Green Mountains, cross back into Massachusetts and the gorgeous Berkshires, slight in autumn with the fall colors that have made New England famous. Stop in Stockbridge to visit the Norman Rockwell Museum and learn about this beloved artist and his iconic paintings of small-town America. Continue on to Springfield, nestled on the banks of the Connecticut River. This evening, join your Travel Director and newfound friends for a festive Farewell Dinner.
Meals: Full Breakfast and Farewell Dinner

Day 8 SPRINGFIELD – LEXINGTON – CONCORD – DEPART BOSTON
Travel east to see the birthplace of the American Revolution and the “shot heard round the world” as made famous in Ralph Waldo Emerson’s “Concord Hymn.” The battles of Lexington and Concord were the first skirmishes in the American war for independence and these small towns are still rich in history. See the famous statue of the Minute Man, adjacent to Concord’s historic North Bridge. Stop at Lexington Green, which saw the first cirrus of blood spilled in what George Washington laconically called “the dispute with the British.” Then it’s back to Boston where you are transferred to Boston Logan International Airport or to the hotel if you’d like to extend your stay.
Meals: Full Breakfast

Your vacation includes:

- First Class hotel accommodations with all hotel service charges and tips, baggage handling fees and local taxes
- 7 Breakfasts, 1 Lunch and 3 Dinners including a Farewell Dinner with wine in Springfield
- Traveling by luxury air-conditioned coach with reclining seats and washroom on board
- Airport transfers are provided on Day 1 and Day 8
- The services of one of Trafalgar’s top professional Travel Directors
- A wallet containing vacation documents and helpful information
- Welcome Reception • Highlight/Farewell Dinner • Be My Guest • Local Specialty

Terms & Conditions: Price is per person based on double occupancy. Subject to availability, additional restrictions and conditions apply. Itinerary and inclusions are subject to change. For more information and booking conditions see your Travel Agent or Trafalgar’s current brochure. Trafalgar reserves the right to cancel this departure if minimum participation is not achieved. Trafalgar is not responsible for typographical errors. CST 920771 32 20
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UMSL NIGHT AT THE SYMPHONY
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SOUNDS OF NEW ORLEANS
A TRIBUTE TO LOUIS ARMSTRONG

JUNE 9
SATURDAY AT 7:30PM

Ward Stare, conductor
Byron Stripling, trumpet and vocals

Dessert Reception immediately following concert

Don’t miss this special evening of music and networking with UMSL fans, friends and family
Proceeds benefit the Chancellor Marguerite Ross Barnett Scholarship at the University of Missouri-St. Louis

Ticket Price: $40 per person (includes concert and reception)

This musical showcase of the “Big Easy” features a loving tribute to Louis Armstrong, from St. Louis Blues and Sweet Georgia Brown to What a Wonderful World and When the Saints Go Marching In. Virtuoso trumpeter and singer Byron Stripling leads a swinging evening of the sounds that make the Crescent City famous.

To register:
www.umslalumni.org/louie or
(314) 516.6453

Reception sponsored by the UMSL Alumni Association African American Alumni Chapter