April 2014

**Coming Up**

Staff Council Meeting *(All Staff Are Invited to Attend!)*
Thursday, April 17th at 1:30pm – Woods 101

Chancellor’s Report to the Community
Friday, May 2nd at 11:15am – America’s Center

Staff Council Meeting
Thursday, May 15th at 1:30pm – TBD

Next Board of Curators Meeting: Thursday - Friday, June 19-20 at Columbia (Annual Mtg) 🐦@umcurators

*In case you missed it...*

The Staff Association is now on Twitter! Follow us @UMSLstaff for news, information, updates, and meeting announcements. We'll post reminders about upcoming events, we may even live tweet some meetings!

**IN THIS ISSUE**

Upcoming
Happy, Happy President’s Message
International Week
Art & Yoga
Food Truck Monday

[UMSL Happy Video](http://vimeo.com/89622188)
President's Message

We hope you enjoyed your Spring Break! It was great to see many of you attending the fantastic Focus on the Future sessions available for staff during Spring Break. We were able to tour special buildings, learn activities that may help reduce stress, viewed another wonderful Cooking with the Chef presentation where we learned how to prepare two delicious and healthy dishes, along with many other personal development activities. Thank you to our committee for putting together such beneficial sessions!

Our next Staff Council meeting will be on Thursday, April 17th in 101 Woods Hall. Our special guest speaker will be Dr. Joe Martinich, who represents UMSL on the Total Rewards Ad Hoc Task Force. The task force’s recommendations will be presented to the Board of Curators at their April meeting. Staff Council meetings are open to all to attend, and we hope to see you there! If you cannot attend, follow us on Twitter (@UMSLstaff) for updates.

Thank you for all you do to keep UMSL running!

Meg Naes (staffassoc@umsl.edu)
Change How You Think About Eating

Register Now for the Eat for Life Online Program

Discover the benefits of Eat for Life—an innovative approach to weight management. This 10-week online 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 create a healthier relationship to your food, mind and body. 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 online program may be right for you. Engage in daily practice exercises and weekly readings, and share your experiences on the online discussion board.

- **Orientation:** starting May 30
- **Classes:** week of June 6 – week of Aug 8
- **Cost:**
  - $50 for faculty, staff and family ($25 refunded with full participation)
  - $180 for community
- **Register:** Email Craig Deken at csdk89@mail.missouri.edu

Program taught by Dr. Lynn Rossy, health psychologist. For more information: watch informational videos or find more details online.
April 21-27, 2014 is International Week on campus!

**Monday** – Bollywood Night 4-7pm, MSC Century C

**Tuesday** – African Film Shorts 12-1pm, MSC Pilot House

**Wednesday** – Japan’s Global Strategies 4:30-7pm, JCP 202

**Thursday** – Coffee & German 12-2pm, SSB 427

– International Photo Exhibit Opening 4-7pm, Gallery Visio
– German Film Series 4:30-6pm, SSB 331
– Multicultural Variety Show 7-9pm, MSC Pilot House

**Thursday-Sunday** – Africa World Documentary Film Festival at the Missouri History Museum.

---

**Ferguson Lunch Trolley**

Wednesday 4/16, 23 & 30

Three pickup locations on campus: Woods Hall, MSC and Marillac Hall

http://www.umsl.edu/~campus-calendar/2014/03/ferguson-lunch-trolley-MAR2.html

---

**Food Truck Monday on the Walk**

APRIL 21
11 A.M. TO 2 P.M.
PLAZA AT 501

www.fergusoncitywalk.com