

STAFF CONNECT MONTHLY

Monthly Staff Happenings

Inside the Issue



PET OF THE MONTH

This month's pet belongs to Art Department's very own Laura Killip!

MEME OF THE MONTH

Check out which meme we're vibing on for October.

SURVEY CENTRAL

See how your fellow staff voted in our monthly poll!

ANNOUNCEMENTS

"This Fall is my 15th year at Western on staff and 10th year teaching the LGBTQ Studies Sociology Class!" - CM Hall.

Congratulations, CM! Your hard work and dedication to WOU has not gone unnoticed.

Step out for a walk and check out the new mural that was installed on Friday at the new Welcome Center. This Art piece is a part of this projects 1% for Art and was painted by Hector H. Hernandez.

Dia de Los Muertos (Day of the Dead) is a day when the spirits of the deceased visit their loved ones, feast on their favorite dishes, and listen to their favorite music. The Multicultural Student Union pays tribute to our departed through ofrendas, or offerings, which might include photos, bread, other meals, flowers, toys, and other symbolic items. This year, Dia de Los Muertos will be from October 31st - November 5th, we will have the pan dulce and hot chocolate available, as well as the opportunity to add a picture of a loved one to the ofrenda. Please stop by the altar and learn more about this Latinx tradition and celebration! For more information feel free to contact msu@wou.edu.

"Anel Venegas Trujillo, one of the bilingual Financial Aid counsellors, was named 2021 Rookie of the Year for the Oregon Association of Student Financial Aid Administrators. **Woohoo! Way to go, Anel!**





MEME OF THE MONTH



PET OF THE MONTH: SASHA

Meet Sasha! She belongs to WOU's Art Department Office Coordinator Laura Killip. Sasha is a 3 year old black lab border collie mix. Laura was lucky to find her at the Safehaven Humane society in 2019, and bring her home. Her favorite activities are running very fast, going to puppy school, and sleeping on her parent's pillows. She's still working on respecting her kitty sister, Gwen. She loves hugs, meeting new friends, and snoozing in the morning.

Laura received both her BM and MM from WOU, and has been working in Creative Arts for 4+ years. Thanks for sharing, Laura!

If you'd like to share a story about your pet, email the staff connections committee!

LOCAL PUMPKIN PATCH

Looking for a local pumpkin patch? Check out Bose Farms in Albany! They have a pumpkin patch, corn maze, and a food and beverage cart. Located at 35765 Cyrus Road Northeast in Albany, they are open Thur-Sun 10am - 6pm. Share with us your best pumpkin patch pictures!



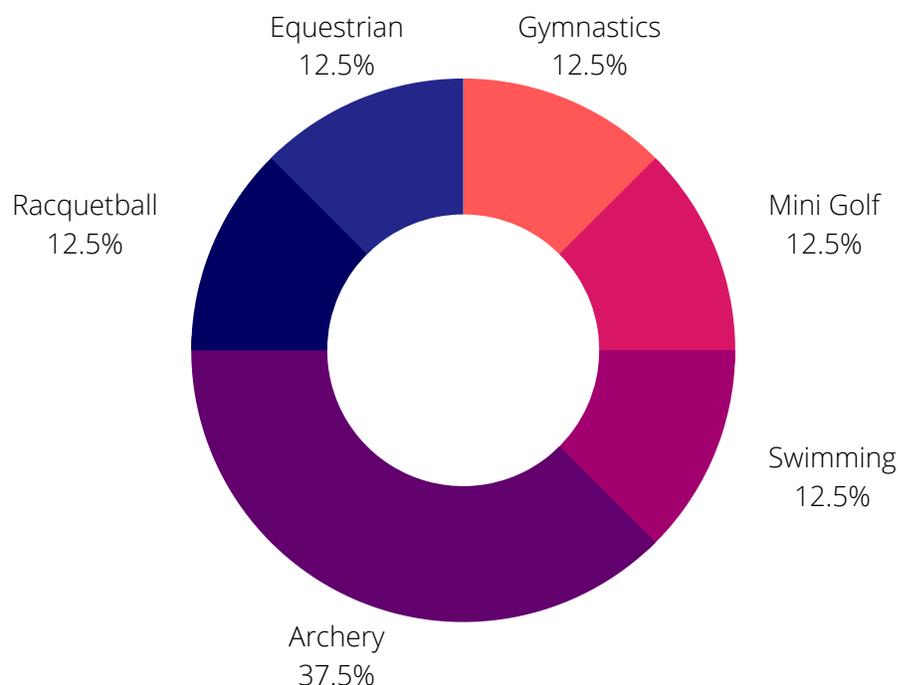
SURVEY CENTRAL

We asked and you answered. The results are in! This month's question was: what sport would you compete in if you were in the summer olympics?

"I absolutely LOVE the Olympics and am excited that we just had the Summer Olympics and then the Winter Olympics will be in February! I am a dual citizen - United States and Uruguay... so I always think about what events I could participate in for team Uruguay, since they often do not have a lot of representation!!!! :-)" And I picked Archery because I think that is an event that it doesn't matter your body type or if you have been doing it for years and years and years. :-)" - Maria Bonifacio-Sample (University Housing)

Awesome, story! Thanks for sharing, Maria!

Watch out for our Monday-ish Motivation emails! They have the survey link inside.



WORKPLACE SELF-CARE

Here's your monthly reminder to take care of yourself on, and off, the job. This month's tip is "Foster Good Workplace Habits".

We recommend the free app "Calm" for any device. They offer mindfulness exercises, articles, and lectures on self-care. For "Fostering Good Workplace Habits" Calm says:

- Have walking meetings. Encourage people to get out and about for meetings and calls. Scientifically, it's been proven to promote outside-of-the-box thinking, but it also helps in terms of health—both mental and physical.
- Encourage people to log off and shut down. You want people to know that they're not just able to but expected to maintain a healthy work-life balance.
- Discourage eating lunch at the computer. Lunch is the perfect opportunity for people to get a bit of a mental break, whether by actually getting up and going for a walk, or by simply focusing on something non-work related.
- Practice what you preach. You can set a good example for others on your team and in the organization by living by your own self-care rules! Manage your time, take breaks, go for walks, and let people know it's okay to prioritize their own needs sometimes.



STAFF RECOGNITION CORNER

This month we would like to give the UCS staff and student workers a huge shoutout for all the work they do! Working under varying circumstances, the UCS staff and team is always cheerful, helpful, and eager to take on any case. They work very hard to ensure everyone on campus has all the technological tools they need to succeed at even the most mundane tasks. We especially want to point out the efforts of Michael Ellis, Bill Kernan, and the many student worker staff on board.

Thanks for all you do for WOU!

WE LOVE
UCS



WE ARE STAFF CONNECTIONS COMMITTEE



JULIA FRUIT
Creative Arts



ALEXIS LARSON
Disability Services



TONY MANSO
UCS



SHARON PRICE
Registrar's Office



ADRIAN TRUJILLO
Student Success & Advising