

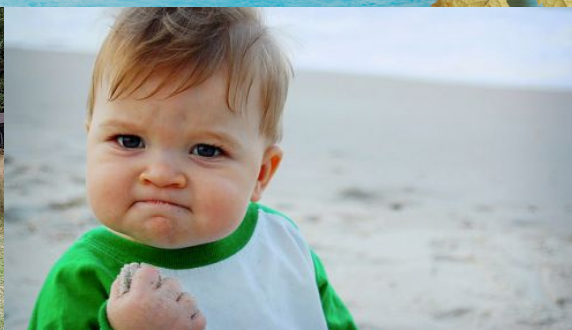
November 2021

STAFF CONNECT MONTHLY

Monthly Staff Happenings



Inside the Issue



PET OF THE MONTH

This month's pet belongs to
Natural Science & Mathematics
Division's Cinda DeVoe!

MEME OF THE MONTH

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

SURVEY CENTRAL

See how your fellow staff voted in
our monthly poll!

ANNOUNCEMENTS

Julia Fruit is expecting her first child this April. 5 months to go!

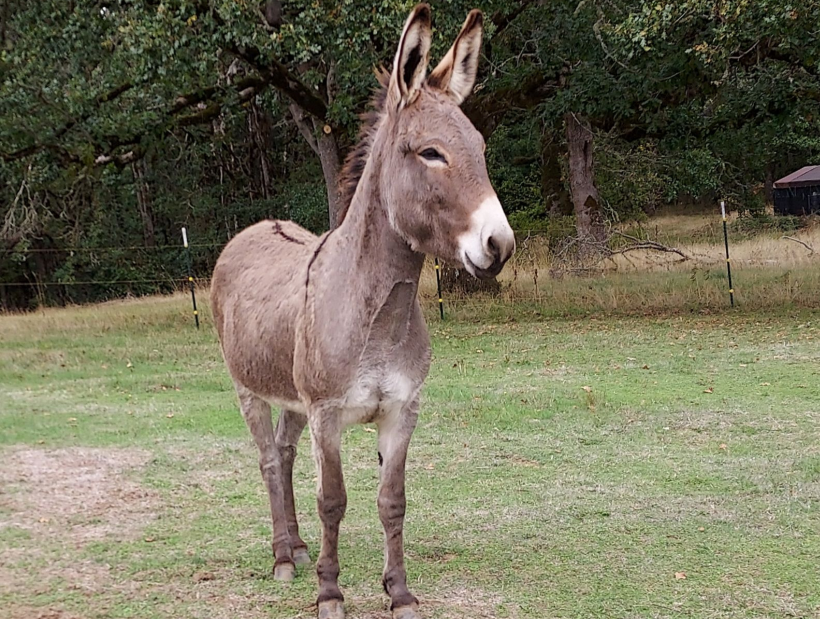
Woohoo! Another WOUvian to join the squad!

The WOU Food Pantry is excited to bring back its annual Turkey Basket Event! The Food Pantry will supply 50 turkey baskets to our students and community members this year. Each basket will have a turkey or vegetarian alternative, along with the fixings for Thanksgiving favorites such as stuffing and green bean casserole. If you would like to help out by donating food or money please use this google form: <https://forms.gle/MY6AyQDNvJ6gNwfQ6>. If you have any questions reach out to Leanne Merrill.

Thanks to everyone who helped put on Mental Health Awareness Week! Special thanks to Ariel Zimmer and the Student Enrichment Program.

The Foster Toy Drive has started! Our Toy Drive directly serves youth in foster care in Polk and Marion counties, including foster students who attend WOU. We also provide gifts for the children and women residing at Sable House in Dallas. This year, there are three ways you can give: go online wou.edu/give, select "other" and then designate "Fostering Success - Toy Drive", go shopping and deliver your unwrapped gifts to one of the Holiday Toy Drive boxes around campus, or attend Stitch Closet's free fashion & talent show on November 19th at 7pm in the WUC Pacific Room (taking donations). For more information please reach out to Emily Plec.





MEME OF THE MONTH

October 31st vs. November 1st



PET OF THE MONTH: GEMMA

Meet Gemma! She belongs to WOU's Natural Science and Math Division APA Cinda DeVoe.

As a little girl Cinda would visit her grandparents, and their neighbors had a donkey. Her grandma would pull carrots out of his garden and give them to Cinda, and she would walk over and visit the donkey at least 2 times a day and feed him the carrots. This went on for years and Cinda knew someday she wanted to have her own donkey. So, last year she started reading about the wild BLM donkeys and found Peaceful Valley Donkey Rescue. Gemma is 7 and has been in captivity for 2 years. She went to a trainer in Tillamook who trained her. The donkeys have to be haltered, lead, and stand for the farrier before they can go to adoptive homes. Cinda has had Gemma just a couple of months now and she is so sweet and gentle, follows her everywhere, and loves to give hugs. She is already looking into adopting another donkey. They are so easy to care for and so much fun to have around.

Thanks for sharing, Cinda! What an incredible story.

SANTA DAYS

Visit Santa before the holiday rush this year at the Monmouth Public Library! Come drop off letters and get a photo with Santa. He will be at the library on November 17th from 2-5pm.



SURVEY CENTRAL

We asked and you answered. The results are in! This month's question was: if we were in the zombie apocalypse, which 3 WOUvians would you want on your survival team?

"Amanda could give all the information needed for the situation, Kathy would help us add humor even in the grimmest of circumstances, and David could rescue us all with his brute strength!"

-Sharon Price, Registrar's Office

"Well, I'm married to Marshall, so I had to pick him. Shelby is a survivor and can do literally anything, and after working with Travis I know he will fight first and ask questions later."

-Megan Habermann, Student Engagement

"Megan Habermann - she would teach the zombies Ice Breakers and to be a part of our team. William McDonald-Newman - so we could play DnD to pass the time. And Marshall Guthrie - to reach tall things."

-Shelby Worthing, Student Engagement

Rebecca Chiles,
Tracy Boyson,
Adrienne Allardt-
Wong

Keegan Gormally,
Travis Heide,
Ron Mercer

Tina Fuchs,
Malissa Larson,
Patrick Moser

Ron Mercer,
Adrian Trujillo,
Keegan Gormally

Laura Killip,
Lauren Kennedy,
Tracy Boyson

Megan Habermann,
William McDonald-
Newman,
Marshall Guthrie

Amanda Bales,
Kathy Witwer,
David Anderson

Shelby Worthing,
Marshall Guthrie,
Travis Tyler

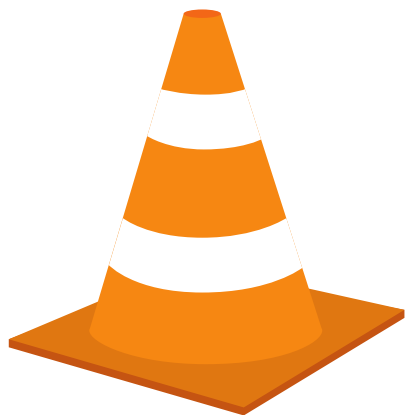
Watch for our Monday-ish Motivation emails for the next survey question!

WORKPLACE SELF-CARE

Here's your monthly reminder to take care of yourself on, and off, the job. This month's tip is "Respect People's Time".

We recommend the free app "Calm" for any device. They offer mindfulness exercises, articles, and lectures on self-care. For "Respecting People's Time" Calm says:

- Build pauses into the workday. Calendars that are overfilled with meetings don't give people the time they need to think or process at optimum levels. By working these little breathing spaces into the work week, you can encourage better work habits and allow yourself and other to reach their full potential. How about 50 minute meetings instead of the full hour?
- Set communication time boundaries. Encourage employees to set boundaries around their time. While some people will need to send the occasional after-hours email or message, it should be generally accepted-and explicitly noted-that people shouldn't be expected to answer immediately.
- Allow for flexibility around and during the workday. People are far less likely to succumb to stress if they know they have the freedom to step out, tend to children, walk the dog, or do other important personal things they need to, without worry.



STAFF RECOGNITION CORNER

This month we would like to give the Facilities Staff a huge shoutout! Everyone who works for facilities has been working very hard to make sure we have a comfortable work and education environment here on campus. Always helpful with a smile, the staff at Facilities go out of their way to make WOU a great place for all.

Thanks for all you do for WOU!



WE LOVE
Facilities

WE ARE STAFF CONNECTIONS COMMITTEE



JULIA FRUIT
Creative Arts



ALEXIS LARSON
Disability Services



TONY MANSO
UCS



RON MERCER
Student Success & Advising



SHARON PRICE
Registrar's Office



ADRIAN TRUJILLO
Student Success & Advising