

February 2022

STAFF CONNECT MONTHLY

Monthly Staff Happenings



Inside the Issue



PETS OF THE MONTH

This month's pets belong to
Humanities Division's
Karen Bednarowski!

MEME OF THE MONTH

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

SURVEY CENTRAL

See how your fellow staff voted in
our monthly poll!

ANNOUNCEMENTS

Checkout these Black History Month events!

Feb 1-28: Children's Art Displays at the Monmouth and Independence Storefronts

Our local elementary schools have participated in an art project based on the works of different black authors and poets. You can find these art displays at the Monmouth and Independence storefronts.

Feb 26 4pm: Closing Ceremony - WUC Pacific Room

The closing ceremony will focus on black joy and leadership. Speakers include Dr. Jay Kenton, Jon Carey (Monmouth city councilor), Darryl Thomas (professor of Dance), Rian Gayle (Assistant Director of Access and ODS), and Elizabeth Braatz (ASWOU senate President).

And don't forget to checkout weekly emails from Megan Habermann about how you can get involved this month.



PETS OF THE MONTH: FAWN, ROSIE, ELLA & PRINCE

This month's pets belong to Humanities Division's Karen Bednarowski!



FAWN

Fawn is a rescue dog that I got a few years ago. I didn't realize that "rescue" dog means they have issues. Fawn was born in Cabo San Lucas, Mexico and was a street dog for the first 9 months of her young life. She was so cute, people kept "trying to get her" but she managed to dodge them all until one day she was caught and taken off the streets. She was hand-picked by the director of Agave Dog Rescue in Portland, transported up here and was adopted to a loving home, but they couldn't deal with her issue of not trusting and being fearful. She was returned to the rescue facility. I had a Golden Retriever for 13 years who was my best buddy! After she died, I began looking for a dog to adopt, and found a posting for Fawn. I took her in and, although it was a rough start (with me often wondering why I got her), it ended up being the best thing. She is a wonderful girl and has learned to trust me. She is very kind and loving, although still a bit fearful - I don't know that this will ever go away completely.

After getting Fawn, and her adjusting to life with me, I realized she really needed a friend and that having a fur-buddy would help her further. After a few years of looking for just the right dog, I found her! We have now added a little 1-year old terrier mix who is confident and playful. I named her Rosie, and she and Fawn have become very close friends already. They play and chase, and even nap right next to each other! I see Fawn improving even more and I can tell she just feels more comfortable with her new "sister" around.



ROSIE

Rosie has been a joy to have. She's been with us a little more than a month now and we are all settling in. The cats, Ella and Prince, are "dog-savvy", and after the initial "who are you - and why are you here??" - they are getting along fine. And I am most happy that Fawn is blossoming with the addition of little Rosie.



ELLA



PRINCE

Wonderful story, Karen! Thanks for sharing your amazing pets!

SURVEY CENTRAL

We asked and you answered. The results are in! This month's question was: in celebration of Groundhog Day, what is a day in your past you would want to relive?

"I would love to relive the day I moved to Kenya - IF I could relive it with the knowledge of how much I was going to love living there."

-Michelle Gallagher, Behavioral Sciences

"I would love to relive any of my Disneyland trips! Magical, simply magical! I am a "Disney Girl" after all. (Code Name: Snow White) I think it's time to plan another vacation!"

-Sharon Price, WOU: Salem

"Would be amazing to go back to the birth of our first child! But reliving all 4 births would be amazing."

-Adrian Trujillo, Student Success and Advising

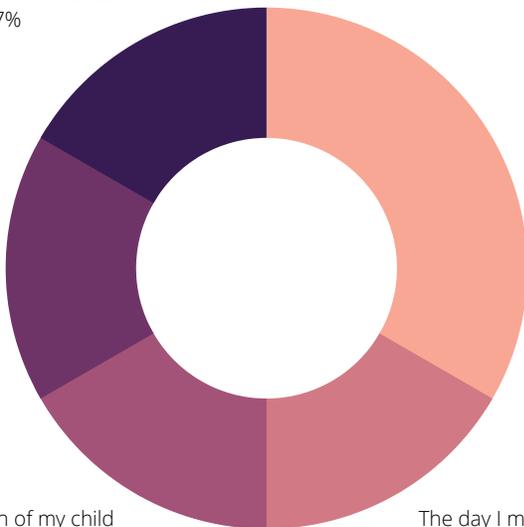
Memories with loved ones
16.7%

Wedding Day
33.3%

Special Vacation
16.7%

Birth of my child
16.7%

The day I moved to Kenya
16.7%



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 "Practice Gratitude".

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

"Gratitude unlocks the fullness of life. It turns what we have into enough"

-Melody Beattie

Gratitude creates spaces for the goodness in our lives. It's the sweet feeling of thankfulness that comes when we appreciate an experience, a person, or a thing. While it can arise spontaneously in the moment, it's also a feeling that can be cultivated with a gratitude practice.

People who practice gratitude consistently feel more generous, compassionate, and connected to others. Many people feel that gratitude is one of the keys to unlocking happiness.



MEME OF THE MONTH

The real holiday is February 15th, when the chocolate is 75% off.



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STAFF RECOGNITION CORNER

Staff Senate's Department of the Month for February is Facilities Maintenance! Thank you to all the hardworking facilities maintenance crew for keeping us operational no matter that incident. These people run our mailroom, keep our grounds looking beautiful, and take care of day-to-day issues that arise.

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
WOU: Salem



ADRIAN TRUJILLO
Student Success & Advising