

NEWS FROM YOUR WOU STAFF SENATE

October 2008

Volume 3 issue 1

STAFF SENATE UPCOMING EVENTS

Computing Services With Michael Ellis	10/16
International Program With Neng Yang	10/16
Building & Personal Safety With Jay Carey	11/20
Provost Introduction With Dr. Kent Neely	11/20
New housing project With Tina Fuchs	1/15
Student Health & Counseling With Luis Rosa	1/15
OHSU Nursing Program with Hilary Holman-Kidd and Michael LeMaster	2/19
ROTC with LTC Michael Daniels	3/19
Library Services With Allen McKiel	4/16
Health & Wellness With Craig Wimmer	4/16
New WOU in Salem with Dave McDonald	5/21

CIRT

(Critical Incident Response Team)
Tina Fuchs, Gary Dukas

CIRT was established last fall out of a push from students to form an official group to respond to critical incidents that occur on campus. Their mission is to maintain a safe and secure learning environment by addressing the physical and psychological health of individuals. CIRT assesses incidents, situations, and events to see if the person involved has a history of problem/questionable behavior. After the incident is assessed, CIRT discusses all aspects and outcomes of the situation and then prescribes an intervention. Some examples of issues that CIRT may deal with include disruptive behavior, death or trauma, emergency situations, issues of bias, etcetera. CIRT is composed of representatives from various areas of campus and have all received over twelve hours of CIRT training.

CIRT is available to offer training for those departments or individuals interested. Trainings include the following topics: Early Intervention, Tips for Working with Distressed Students, Identifying Disruptive/Distressed Behavior, and The Role and Purpose of CIRT. Training can be scheduled by calling 838-8547.

CIRTS' S MEMBERSHIP

Vice President for Student Affairs,
Chairperson

Dean of Students

Director and Asst. Director of
Campus Public Safety

Director of Student Health and
Counseling

Director of Human Resources/
Affirmative Action

Academic Dean (s)
or representative—currently the
Dean of Liberal Arts and Sciences

WANT TO TAKE A BREAK?

Tina Trinh, Service Learning and Career Development

The Alternative Break program at WOU allows students the opportunity to gain valuable leadership skills by participating in a service learning project during breaks. The program also allows faculty and staff to take part in the program by serving as a faculty/staff advisor on one of the service trips. The trips occur over winter break, spring break, and summer break and feature locales from all over the U.S. and abroad. The trips range in duration from 7 to 14 days. Each year, the alternative break teams work tirelessly to fundraise to cover the entire cost of the trip.

Service Learning and Career Development will be accepting applications for advisors soon and will be due sometime in November. You can help support this program by supporting fundraisers and by joining the WOU Alternative Break cause on Facebook. For more information email Tina Trinh at trinht@wou.edu or call 838-8716.

NEW EMPLOYEES AT WOU 11/07-8/08

Adam Slaton ~ Werner University Center/Student Leadership & Activities ~ Loves to eat raw sugarcane in his second home la Republica Dominicana.

Dave Diemer ~University Computing Services ~ Born in California, raised in Oregon, grew up on the Trans Alaskan Pipeline

Eric Snow ~ College of Education ~ "Anyone who has never made a mistake has never tried anything new." - Albert Einstein

Mary Jacobs ~ Mail Services, Business Services Division ~ In my "spare time" I am a volunteer fire fighter, emergency response trainer, juggle 3 internet businesses and write children's books.

James Goulding ~ ASWOU Office Coordinator ~ My greatest hobby is travel. I have been lucky enough to visit more than 30 countries on six continents

Carissa Williams ~ Division of Extended Programs ~ Life is a Crockpot not a microwave!

Norma Sieg ~ Student Health & Counseling **Adam Wehner** ~ Computing Services **Christopher Wheeler** ~ University Advancement

Kent Neely ~ Provost and Vice President for Academic Affairs ~ I am honored and pleased to join the Western Oregon University community.

Amber Calef ~ Office of University Residences and Campus Dining ~ Green Olives, Dark Chocolate and Starbucks are my biggest weakness. :)

Jerilyn Opoien ~ Development Director Athletics ~ I am a sports fanatic!

Katrina Nielsen ~ International Students **David Nixon** ~ Physical Plant **Jennifer Otto** ~ Campus Dining **Paul Skinkis** ~ Physical Plant

Brad Saindon ~ Head Volleyball Coach and a part of the WOU Athletic Dept ~ "Be here, now." I wish I was better at that!

Timothy Shawn Chinchin ~ Werner catering kitchen ~ As a catering chef I enjoy going home to my 2 cats and my 2 dogs (my children)and also relaxing in my garden after a long day.

Shantya Jackson ~ Office of Admissions ~ Chocolate chip cookies are amazing!

Earlee Kerekes-Mishra - Accommodations Coordinator for Disability Services ~ Not enough hours in the day.....

Isaac Frederick ~ Athletics **Bruce Kibbey** ~ Custodial Services **Patricia Kinney** ~ Business Services

"Barry" McBeth ~ Trades/ Maintenance Worker 2 ~ My wife Jennifer and I own a little craftsman-style bungalow in Dallas and are very active in our local church. My mother Shirley works at the Valsetz bakery.

Darla Campbell - Physical Plant Services ~ I've been through a Category 4 hurricane in Kauai

Valerie Latham ~ Library & Media Services **Dathan Zabel** ~ Athletics **Beverly Beck-Boersma** ~ Physical Plant

Paul Moredock- University Advancement ~ Happy to be back in Oregon raising money for student scholarships at WOU.

Carol McKiel ~Academic Advising and Learning Center ~ The ocean humbles me while it renews my spirit.

Sheila Scott ~Collection Development Department in the Hamersly Library ~ I have worked in educational libraries almost all of my working life and really love the academic environment.

Stan Baker ~ Assistant Soccer Coach **Michael Lynch** ~ Assistant Soccer Coach **Duane Riddell** ~ Assistant Football Coach

Danny Barnts ~ Sports Information Director ~ This is the fifth State I have lived in the past three years (California, Idaho, Nevada, Oregon and Washington).

Allen McKiel - Hamersly Library and Media Services ~ Oregon is incredible.

Malissa Larson ~Director of Disability Services ~ I LOVE CRAFTS, but have absolutely no artistic talent.

Brian Berkley - University Computing Services ~ BA, MA, West Virginia University

Brian Rodenspeil ~ Athletics **Jeffrey Mosley** ~ Physical Plant **Brian Harris** ~ Athletics **Robert Werder** ~ Athletics

Welcome to Western Oregon University!
We are so glad you are here!!

TIME TO LEARN A LITTLE ABOUT YOUR LIBRARY

Did you ever have a quest to locate information about your model airplane hobby, election candidates or obtain the latest Oprah Book Club offering? Ever have a question and wanted to conduct a more thorough search than Google can provide? If so, your WOU Library has just what you want.

Library staff is available to help you with research questions and materials...even borrow materials from other libraries worldwide. How is this possible? Use of WOU's library is one the many privileges you have as a WOU staff employee. You are able to borrow materials, research in databases, receive reference assistance, reserve meeting and study rooms, and use computers and printing. Some services will require your WOU ID card and / or WOU username and password. There are no user fees to use these services.

Borrowing materials to learn about your quest:

As WOU staff you are able to borrow from the WOU library, Summit Catalog and libraries worldwide:

The library's three floors houses 325,000 items that includes books (including a growing pulp fiction collection) videos (feature and educational films) music CDs, musical scores, government documents, newspapers, popular magazines and research journals. Also available are 19,000 electronic journals. Loan periods depend upon the type of material borrowed, which varies from library-use-only for reference material to three weeks for books plus renewal periods. "Library-use-only" is often negotiable – ask a librarian if can have a short-term loan. The WOU library catalog is available on-line at: <http://library.wou.edu/>

What if what you want to borrow is not available at the WOU library? Then we look to the Summit catalog.

Summit catalog materials are available from 35 Oregon and Washington academic libraries. Within Summit you are able to borrow books, videos, music and other documents. Materials usually arrive at the library within two to three business days and are typically lent for a three-week period. The Summit catalog is available on-line at: <http://summit.orbiscascade.org/>

What if what you want to borrow isn't available at the WOU library or via Summit? Then we look to libraries worldwide ...

Worldwide lending is called "Interlibrary Loan" or ILL: Just like your WOU library and Summit borrowing privileges, materials available from libraries worldwide include books, videos, music CDs, and magazine and research journal articles. Books, videos and CDs are usually lent for two to three weeks. Magazine and journal articles are generally delivered to you via e-mail as a PDF attachment.

Research databases and articles about your quest:

By clicking on the "Articles" link on the library homepage you will find there are more than 100 databases to help you search by keywords or author, etc. in publications such as newspapers, magazines and research journals including the Wall Street Journal, Cosmopolitan and Science. Academic Search Premier is a good all-purpose database to start with. If it doesn't have what you need, just ask us to point you in the right direction!

Reference assistance for your quest:

Librarians, library staff and library student employees who work at the reference / information desk enjoy assisting patrons with their research questions. They will answer your questions and help you locate books and other materials that you seek.

Printing your quest results:

Adam, a WOU Desktop Support Analyst, says that "Staff get 1000 credits at the beginning of each term. Credits are made available to staff to print only when they don't have the ability to print to a department funded printer. We ask that all staff print to a department funded printer unless unable to."

Meeting and study rooms to discuss your quest:

The library has a variety of meeting and study rooms that house groups of 4 to 45 people and most rooms have a variety of media equipment available, such as TV's, DVD, VCR and CD players. While campus activities have priority, you are able to reserve and use library meeting and study rooms for work and personal use. You can reserve one of these rooms by going on-line to the library home webpage and clicking the "study rooms" link under the blue "Class Stuff" tab [<http://www.wou.edu/provost/library/>]. Contact Lori Hilterbrand at 503-838-8441 if you have questions about using library meeting and study rooms.

Computers – another tool to aide your quest:

The library has 90-plus PC and Mac computer workstations and 25 PC wireless laptops available for your work and personal use in addition to headphones and network cables. You can use and access the desktop computers with your WOU username and password, and check out the laptops with your WOU ID card.

Begin your quest today. Contact us with your questions, about how to access library services -- either in-person, via e-mail (refdesk@wou.edu), chat messaging from our web page, or telephone (503-838-8899) or by appointment for more in-depth questions. We'll help you complete your quest.

MESSAGE FROM STAFF SENATE

2008-2009 Staff Senate

Jennifer Hansen
Amanda Rodino
Jerrie-Lee Parpart
Joe Hutchinson
Lauren Smith
Lori Davidson
LouAnn Vickers
Mark Lane
Rhawn Krogh
Tina Palmer
Yulia Kharitonova

Greetings!!! First I would like to introduce myself. My name is Jennifer Hansen and I am the Staff Senate President for the 2008-2009 academic year. Thank you for this honor to serve you. I have been a part of the Western campus for many years now. I started as a student in 1990 and graduated with my BS in Elementary Ed. 3 years later I came back to WOSC and took a position in University Residences. After 8 years there I found my way to the Service Learning & Career Development Office. I truly believe that WOU has a personality all unto its own. It's an amazing place to be. Please be aware that Staff Senate meetings are open for anyone to attend. We meet the 3rd Thursday of each month in the Hamersly Library, room 205, from 8:30am until 10:30am. We have some amazing speakers coming over these next few months and I look forward to learning some great information from each department. If you ever have questions, concerns, or suggestions, feel free to contact any of the staff senate representatives. My direct e-mail is hansenj@wou.edu and I would be happy to hear from you! Take care and maybe we'll see you at a meeting!

HEALTH & WELLNESS TIPS

100 Easy Ways to Be Healthy Inside and Out

Published on Tuesday September 23rd , 2008

By Jessica Merritt

These are just a few tips from this article. Look for more in issues to come!

Food

Cut down on sugary drinks: Reduce your intake, or completely cut out soft drinks, juices, and sports drinks that are full of sugar, and opt for water, milk and healthier options instead.

Eating Out

Ask for what you want: If the meal you want only comes with fried chicken, ask if you can have it grilled instead.

Illness

Get rid of dust mite breeding grounds: Allergy sufferers can keep symptoms under control by avoiding stacks of books and magazines, stuffed animals, and pillows, all of which are great environments for dust mites.

At work

Spend some time outside: Get out of the office and see the sun, even if it's just for a minute. Even better, use your lunch hour to take a stroll around the block or head to the gym.

Sleep

Create a sleep ritual: Read a book or drink a warm glass of milk every night before bed to improve the quality of your sleep.

Mental Health

Allow yourself to relax: Let go of your tensions and find a fun hobby that you can enjoy.

Beauty

Consider a detoxification: Consider cleansing detoxification diets to clean out your body from the inside out.

Relationships

Spend time with healthy people: We tend to pick up the habits of people around us, so hang out with your friends that have healthy habits.

Fitness

Just do it! It doesn't really matter what you do to be active, just that you do it, and you get started right away.

Away from home

Get vaccinated: Visit the CDC's website to find out which immunizations you'll need to take when traveling abroad.

Don't forget to laugh!

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. ~Doug Larson