

INTER LOOP

August 2021





Fall 2021 - Let's Navigate This Together!

"WE KNOW THAT WHILE THINGS MAY LOOK A LITTLE DIFFERENT, THE DOLPHIN SPIRIT REMAINS STRONG"

- **COVID-19 Vaccine Information**
- Video: Campus Safety Returning to Campus
- <u>Campus Services and Resources</u>
- Employee Assistance Program by Empathia-LifeMatters
- <u>Campus Communications Fall 2021 Updates</u>
- General Campus Updates Questions and Answers

"Our steadfast commitment to prioritizing the health and safety of our campus community remains at the forefront of our planning as we begin to reunite on the campus."

New Staff Spotlight

JESSY CRUZ- ACADEMIC ADVISING

My name is Jessy, and I am from Los Angeles, CA. My wife Shanny and I have two children, Damian, and Alice. I earned my Bachelor of Arts in English from California State University, Northridge (CSUN), and my Master of Science in College Counseling and Student Development from Azusa Pacific University (APU). Prior to attending the CSU, I was a transfer student from my local community college. In previous roles, I worked as an undergraduate student worker, in public education programs in the Los Angeles Unified School District (LAUSD), and in Advising and Instruction of community college students throughout Los Angeles County.



I am delighted to help other CSU students succeed with academic and personal challenges on their road to college graduation.









WHAT ARE OUR STAFF LOOKING FORWARD TO MOST AS WE RETURN TO CAMPUS?

Interacting with my coworkers and colleagues (not through a screen!)



Break time walks around campus





My Office Space



Returning to Campus...





welcome back efforts for staff from various Divisions.

From Onestaff to another

As we repopulate let's remember these words of encouragement from one another

stronger connections patience breath innovation excited communication support thrive happy patient kind respect encouragement moving community forward

rebuild



HELP CI STAFF COUNCIL RAISE SOME DOUGH!

PRE-ORDER BY 09/07!

Contact: Alyssa.Lyons@csuci.edu

\$10 FOR A DOZEN

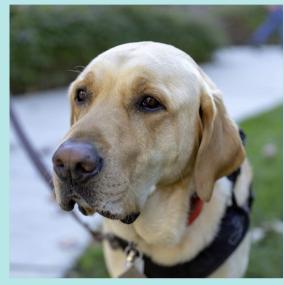
- PICK UP: 09/14 <u>CENTRAL MALL</u>
- (9:00 11:00 AM)

FUNDRAISER!

Please note Krispy Kreme is taking orders ahead of time and will deliver your order on September 14th. In order to place an order, please email your order to Alyssa Lyons.

AUG. 26TH DOG APPRECIATION DAY

Founded in 2004 by pet and family lifestyle expert and animal behaviorist Colleen Paige, the day honors dogs for all that they do to enrich our lives and communities. The holiday also aims to raise awareness about dog adoption and the importance of providing rescue dogs with a safe and loving environment.



DOC
VETERANS CENTER

How to Celebrate?

- Adopt a dog and give it a loving home.
- If you have a dog, treat them with their favorite treats.
- If you are unable to have a dog in your family, celebrate the day by donating your time and money to the local animal and dog shelter.



LONNIE
HOUSING & RESIDENTIAL EDU

CLICK <u>HERE</u> TO SEE DOG SHELTERS IN VENTURA COUNTY

Vacation Greetings



TITLE IX ADMIN SPECIALIST) AND BEST FRIEND ENJOYING DOWNTOWN VENTURA



ALOHA & OHANA, NORTH SHORE, OAHU



AT SCENIC HWY 1, CARMEL, CALIFORNIA



KRISTEN DOBSON (ADVISING) AND FAMILY AT SANTA CRUZ REDWOOD FOREST



Vacation Greetings



ANNIE BLOCK-WEISS (STAFF COUNCIL, ASI) AND MOM JULIA PFEIFFER AT BURNS STATE PARK





TANYA (STAFF COUNCIL, HRE) AND JESSIE GONZALEZ AT RED ROCK CANYON IN NEVADA



RENEE & NICK FUENTES AT BEAVER LAKE
IN EUREKA SPRINGS, ARKANSAS

Vacation Greetings

Share a photo and/or greetings
from your vacation or
staycation destination!



TROUBLE UPLOADING? PLEASE EMAIL YOUR PHOTO TO CI.STAFFCOUNCIL@CSUCI.EDU

FEATURED RECIPE SEARED AHI WITH EDAMAME

by carlos miranda

ingredients:

1 TABLESPOON REDUCED-SODIUM SOY SAUCE

2 TEASPOONS FRESH GARLIC, PEELED; GRATED

2 TEASPOONS FRESH GINGER; GRATED CILANTRO (OPTIONAL FOR GARNISH)

2 TABLESPOONS GREEN ONION; CHOPPED WHITE PART ONLY AVOCADO (OIL) SPRAY 1 LEMON SESAME SEEDS EDAMAME (STEAM)

steps:

DO NOT OVER COOK YOUR FISH. TUNA IS
GOOD RARE. I WOULDN'T COOK THE FISH MORE
THAN MEDIUM RARE. COMBINE MARINADE
INGREDIENTS IN A CUP AND STIR TOGETHER.
MASSAGE MARINADE TO THE FISH. LET
MARINATE FOR 1 HOUR. HEAT A NON STICK
SKILLET AND SPRAY AVOCADO OIL. ADD AHI
MAKING SURE NOT TO OVERCOOK THE FISH.
COOK FOR COUPLE MINUTES EACH SIDE. YOU
CAN ADJUST COOKING TIME DEPENDING HOW
YOU LIKE THE FISH COOKED. REMOVE FISH AND
SQUEEZE LEMON ON TO THE FISH AND ADD
SESAME SEED ON TOP. AHI TUNA FILLET
(SPROUTS HAS A GOOD SELECTION)

CALIFORNIA STATE UNIVERSITY
CHANNEL ISLANDS

2021

VIRTUAL COOK BOOK

Presented by: CSUCI Staff Council



Please submit your recipes and look for the Virtual Cook Book in the Newsletter:

https://csuci.qualtrics.com/jfe/form/SV 6qV7|7HQK1KB1Zj

<u>Click Here</u> to view submitted recipes!

Need Support As We Repopulate?

As we start to pack up our home offices and head back to campus, remember it's not weird to feel apprehensive about returning. We are here to support the transition! If staff need any support in terms of campus repopulation please reach out to the CI Staff Council at ci.staffcouncil@csuci.edu

Staff Spotlight - Now With a Gift from Staff Council!



Do you know a fellow colleague who deserves to be recognized in our next In the Loop Newsletter Staff Spotlight section? Please <u>click</u> <u>here</u> to nominate! Your nomination message can be quoted here so that everyone can learn just how awesome that staff member is. New for 2021: Special gift provided to featured staff!

Curious about Staff Council? Join our Monthly Meeting!

We send you emails, put on staff community events, and ask you to attend or participate in our fundraisers - but what does Staff Council really do? Learn more by attending one of our monthly meetings. Meetings are open to anyone who wishes to attend. We meet the third Tuesday of every month.

Mark your calendar, our next meeting is **Tuesday**, **August 17 from 9:30 a.m.-11:00 a.m.**, via Zoom. Please visit our <u>Minutes and Agendas page</u> on our Staff Council webpage to access each month's Zoom link. Feel free to stay the full session or as long as your schedule permits.



Questions?

ci.staffcouncil@csuci.edu

Comments?

