



Vol. 19

IN THE LOOP

**January
2021**



**STAFF
COUNCIL**
CHANNEL
ISLANDS

Welcome and Congratulations

CSUCI Welcomes Mitch Avila, Ph.D.

**President Interim-Select
Richard Yao, Ph.D.**

Dr. Avila began his tenure as CSUCI Provost on January 1, 2021. CI Staff Council extends a warm welcome. Your attendance at the last Staff Council meeting was well received and we look forward to continued collaboration. Congratulations on joining the Dolphin Pod!

For the full announcement, visit the [CSUCI News Center](#).

Dr. Yao's leadership begins on January 11, 2021. CI Staff Council had meaningful dialogue and were able to provide feedback during the selection process. Congratulations to Dr. Yao as well as Dr. Kaia Tollefson, who joins leadership as Interim Chief of Staff. So much to celebrate with new leadership in a new year!

[Chancellor's Office Press Release](#)

New Year, New Leadership

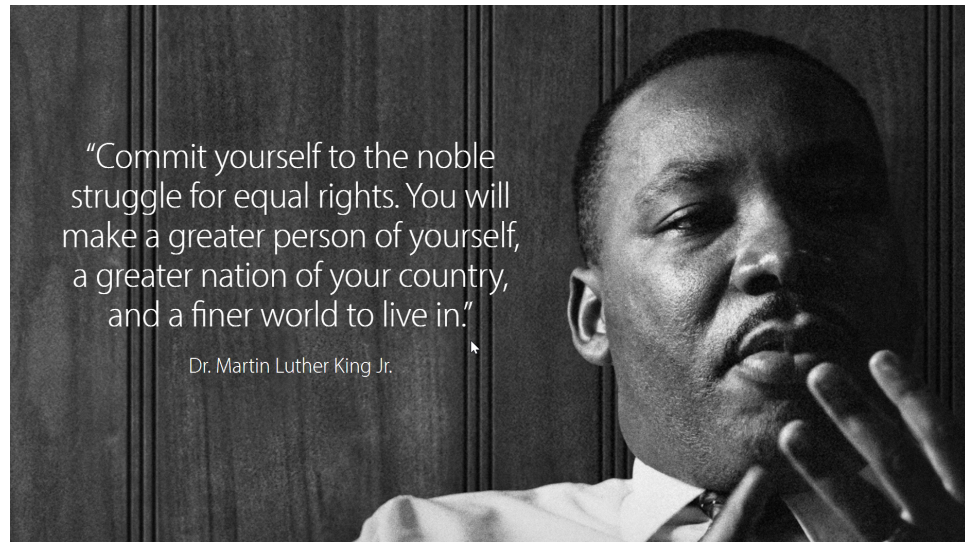
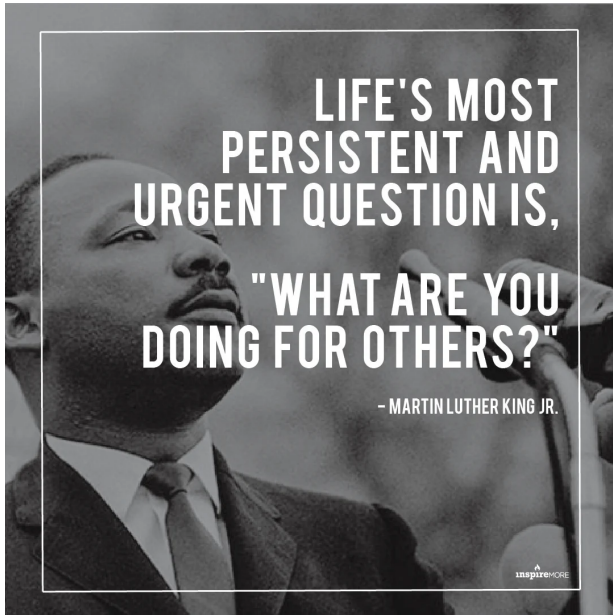
Things to Look Forward to in this Edition of In The Loop

- Happy New Year!
- Reasons to Celebrate
- Virtual Cookbook
- A Virtual Resolution Board
- The Dolphin Discount Program
- AND MORE!

MARTIN LUTHER KING JR. DAY

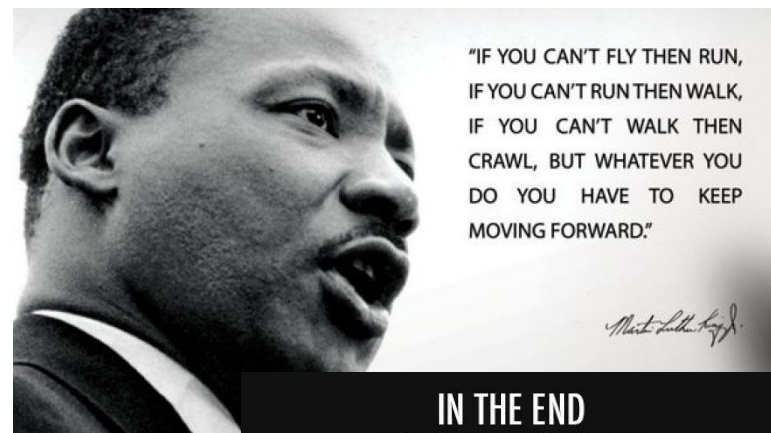
MONDAY, JANUARY 18, 2021

“ Our lives begin to end the day we become
silent about the things that matter ”



OBSERVED EACH YEAR ON THE THIRD MONDAY IN JANUARY AS THE MARTIN LUTHER KING JR. HOLIDAY IS AN OFFICIAL DAY OF SERVICE AND CELEBRATES THE CIVIL RIGHTS LEADER'S LIFE AND LEGACY. "A DAY ON, NOT A DAY OFF," MLK DAY IS THE ONLY FEDERAL HOLIDAY DESIGNATED AS A NATIONAL DAY OF SERVICE TO ENCOURAGE ALL AMERICANS TO VOLUNTEER TO IMPROVE THEIR COMMUNITIES.

Martin Luther King, Jr., was born in Atlanta in 1929, the son of a Baptist minister. He received a doctorate degree in theology and in 1955 organized the first major protest of the civil rights movement: the successful Montgomery Bus Boycott. Influenced by Mohandas Gandhi, he advocated nonviolent civil disobedience to racial segregation. The peaceful protests he led throughout the American South were often met with violence, but King and his followers persisted, and the movement gained momentum.



An Invitation to

CSUCI'S VIRTUAL COOK BOOK



Sourdough starter kits, batches of cookies, three, square, home-cooked meals - does this sound like your kitchen lately? You're not alone in "cooking fatigue." Pop in to CSUCI's virtual cook book and see how your taste buds react.

By viewing your **Virtual Cookbook** you may post or take recipes. Please continue to submit recipes throughout the year and the cookbook will be edited on a monthly basis.

Challenge! There is a snowflake ❄️ hidden within the newsletter. First 5 people to email ci.staffcouncil@csuci.edu with a screenshot of the snowflake will receive a small prize! Congratulations to last month's winners! Marty, Theresa, Samantha, Corey and Liza

EVERYDAY

IS A REASON TO CELEBRATE

January

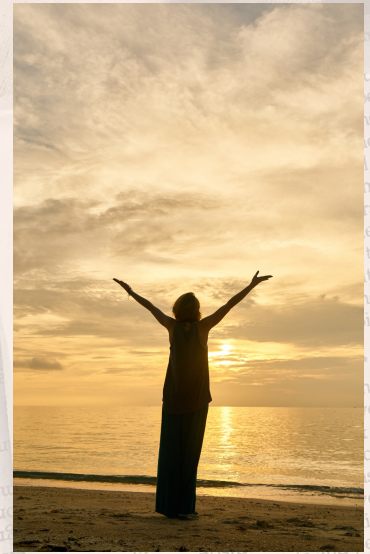
2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					New Year's Day ¹	Swiss Cheese Day ²
Women Rock! Day ³	National Spaghetti Day ⁴	National Bird Day ⁵	Bean Day ⁶	National Tempura Day ⁷	Bubble Bath Day ⁸	National Apricot Day ⁹
Houseplant Appreciation Day ¹⁰	National Hot Toddy Day ¹¹	National Marzipan Day ¹²	National Peach Melba Day ¹³	Organize Your Home Day ¹⁴	Strawberry Ice Cream Day ¹⁵	International Hot & Spicy Food Day ¹⁶
Hot Buttered Rum Day ¹⁷	Martin Luther King Jr. Day ¹⁸	National Popcorn Day ¹⁹	National Gourmet Coffee Day ²⁰	National Hugging Day ²¹	Answer Your Cat's Questions Day ²²	National Pie Day ²³
Beer Can Appreciation Day ²⁴	National Irish Coffee Day ²⁵	National Peanut Brittle Day ²⁶	Thomas Crapper Day ²⁷	National Daisy Day ²⁸	National Puzzle Day ²⁹	National Croissant Day ³⁰
Eat Brussels Sprouts Day ³¹						

RECOMMIT, RECONNECT AND REBOOT

Here are some tips on getting back into the work mindset:

- Rest! - Give yourself some time to relax and break away from busy activities or functions
- Create a vision board - Use words and images to illustrate your goals for the year. **Click here** for ideas on how to create a vision board and **here** to watch a short video on how impactful they can be.
- Start planning your next break - Plan a weekend away or an entire vacation. Make the reservation or start saving, it will give you something to look forward to as you get through the year.



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...driver to call his
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...Is it convenien
...arrests and ma
...traffic violator ca
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...what the national or local authorities have
...in terms of traffic management. Will there
...light/intersection between Shaw Bouleva
...Commons and Barrio Kapitolyo? Or will
...those organic intersections maintained b
...organic personnel of the Pasig TPMO?
...People are also asking about the huge
...unfinished concrete posts at various po
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...for an elevated platform for pedestr
...come they've stopped working on the
...last three months, blocked walkways
...entry into the village. With people,
...cats fighting for space, this "constru
...an "accident waiting to happen."
...It would help if the people or g
...both local and national came out t
...exactly what they intend to do and
...project taking so long and why we
...lowed to dig, dump, and wall the

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flow at high speed nearly comin
soon discovered that they wen
a speed hump by driving an
was only on half the road an
These half-humps may
ideas but in truth they are
accidents. A year or two ag
in a car accident inside A
one of the residents, the
the half-hump avoiders
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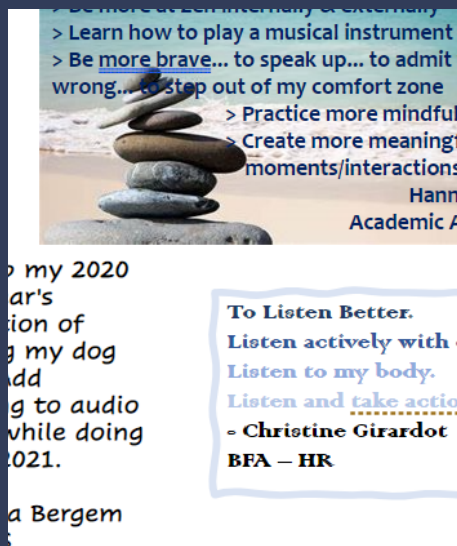
NEW YEAR'S

Join a Virtual Resolution Board

It's 2021- new year, same you! Click here to enter a virtual board of New Year's resolutions and enter yours too.

2021

See, share, and inspire what you want to new or renewed in 2021. Perhaps penning your thoughts down will turn that idea in to a goal met!



Got Resolutions?

6 Ways to Keep Them

Brought to you by MetLife, these tips will help you create realistic resolutions and stick to them for the year ahead.

1. Pick something you actually want to do.
2. Be specific in your resolutions.
3. Break down your resolutions to smaller, more achievable goals.
4. Stay the course: Create notes or visual reminders.
5. Don't punish yourself for setbacks. Celebrate small.
6. Stay inspired by seeking other's advice or like minded reading or movies.

Festive Facts: New Year's Eve and Day

"**Auld Land Syne**" translates to "days gone by" and is a Scottish folk song; its lyrical interpretation is one that means to recall past friends and experiences

Babylonians, over 4,000 years ago, were the first people to record promises to start the year off right. Promises such as returning borrowed equipment and to pay debts.

New York's Times Square New Year's Eve ball drop dates back to 1907 however the famous venue has been used for numerous NYE celebrations since 1904

You are
Stellar

SPRING 2021



Important Topics

COVID-19

Click [here](#) for the latest information regarding campus COVID-19 safety updates

Professional Development

Click [here](#) for the latest On-Demand Courses and webinars.

Example of courses included:

- Master Working from Home
- Return to the Workplace
- Leading in the Post-pandemic Workplace

Tax Season

*Message from payroll: CUSCI Employees can expect to receive their W-2 forms within the next month or so.



Coast to Coast Wellness Challenge

The Coast to Coast Wellness Challenge is happening Now!

Hundreds of staff are participating in either teams or individually in our recent challenge available to all campuses to participate. This 6-week long wellness adventure will lead our staff to a goal of trying to earn 150 points with no more than 5 points per day able to be earned. These points per day are awarded based on sleep, meditation, and steps/activity.

Staff started logging activity on December 28, 2020, teams were formed and locked on by December 30, 2020 and the finish line awaits on February 7, 2021. Staff can link fitness counters or track their own activity and enter it through the app. If you are participating and want to download the app, please see the below information.

For all those participating- You got this! Keep up the great work and lean on your colleagues for support. For those not participating, please cheer on your colleagues that are as any additional motivation and support is always needed and helpful. Thank you for all those supporting this wellness initiative and we wish you a happy and healthy New Year!

DOLPHIN DISCOUNT PROGRAM

What is the Dolphin Discount Program?

The Dolphin Discount Program, a collaborative effort between CI and local businesses, allows CI students, faculty, staff, and members of the Alumni & Friends Association to receive discounts at participating businesses in the community.

[Click here for a list of participating businesses](#)
[and if possible, support local shops.](#)

AFFINITY GROUPS

The Pink Dolphins:

1 in 8 women, and 1 in 833 men, in the USA will be diagnosed with breast cancer sometime in their life. The Pink Dolphins was created as a support community where we can talk about breast cancer treatment options, health tips, share hopes and fears, and provide a virtual nod of understanding as we have each walked this path. We also share community resources that have helped us get through the process emotionally and financially. Those going through the diagnostic process are welcome to join and get support. Healing happens when we help others, so join us and let us provide the positive support that promotes optimum health.



- For meetings:
 - Monthly meetings via Zoom (for now), and a Teams group where we can connect with questions and answers between meetings.
- To join, please email bonnie.landau@csuci.edu.

Book Club Affinity Group:

- This is a fun, informal opportunity to read one book a month and meet with your colleagues once a month to discuss it. Meetings with the group usually occur the last week of the month during 12-1 p.m. on the day that the group selects and then a new book is selected by the group. If you are interested in joining, please email christine.joyau@csuci.edu.

Self Care Affinity Group:

- A support group to learn self care tips, spend time with one another, express feelings, and more.
 - If you are interested in joining, please fill out our [welcome survey](#).

1:1 Coffee Affinity Group:

- Members will be paired monthly to have a "Get to Know a Co-Worker" virtual coffee, at a time that works best for the pair. This will be an informal group to allow each person to get to know a colleague better and to expand our network of support at CI!
- To join, please email annie.block-weiss@csuci.edu.

Staff Shout Outs

If you want to have good work from our staff recognized on our Instagram account please [nominate](#) them today!



Staff Spotlight



Do you know a fellow colleague who deserves to be recognized in our next In the Loop Newsletter Staff Spotlight section? Please [click here](#) to nominate! Your nomination message can be quoted here so that everyone can learn just how awesome that staff member is. Please share a picture of staff nominee to be featured!

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, January 19 from 9:30 a.m.-11:00 a.m.**, via Zoom. Please visit our [Minutes and Agendas page](#) 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.

Connect with YOUR Staff Council!



ci.staffcouncil@csuci.edu



[@CI StaffCouncil](#)

<https://www.csuci.edu/staff/council/>