

Vol. 17

# IN THE LOOP

November  
2020



California State  
University

STAFF  
COUNCIL  
CHANNEL  
ISLANDS



## *In Memoriam* **JANET KORSMO**

**A few words and memories from Janet's colleagues...**

*Janet, your kindness touched my heart. I wish I could reach out and tell you how much you are missed. Your memory will live on through those you loved and those whose heart you touched.*

**Janet was a true light on this campus with a palpable smile, understanding approach, fun and adventurous demeanor, and an exemplary role model for the fierce love we have the opportunity to give to our loved ones. She was taken from this Earth too soon and will be incredibly missed. I was blessed to know Janet.**

Thinking about Janet fills me with joyful energy, because that was who she was for so many of us and the campus at large. Regardless of the type of day she was experiencing, Janet always saw the positive and that positivity was contagious. Whether she was serving on a committee, providing customer service, competing in the Corporate Games, or simply walking her dogs during her lunch break, you could always count on Janet to be a bright light in all her interactions. She was the best of CI!

**Janet's contributions to the campus were many. She was dedicated to her work and consistently greeted all she encountered with ample kindness and a smile. Janet cared deeply for her colleagues and friends. In fact, she made it a point to remember the name of every CSUCI employee that she encountered and she either coordinated or participated in every Human Resources event over the last 16 years. Her thoughtfulness and caring heart will be remembered by all who she worked alongside or who simply had the pleasure of knowing her.**

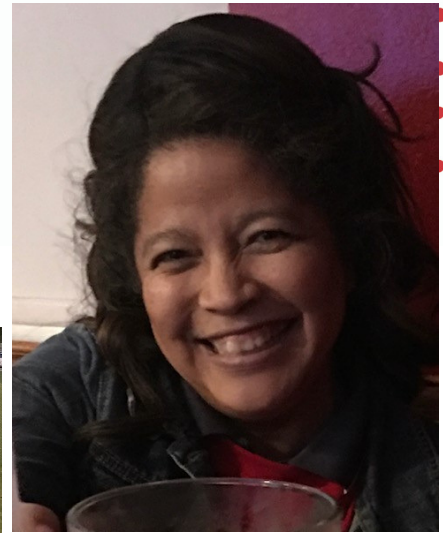
*"It was easy to become fast friends with Janet. ...When Janet arrived, we quickly clicked with our passion in wanting to help people. We wanted to help people enjoy their work, put a smile on their face, make sure they got recognized and overall enjoy their workplace, so people could go home happy." "...Some refer to Janet as a "unicorn", magical, mystical and exuding a rainbow of happiness and peace. I was so very grateful to have called her friend and to have been touched by that magical unicorn, as I know we all were."*

While I didn't have a long professional history with Janet as many of our colleagues have, she left an indelible print on my entire CI experience. She was not only my first contact starting in HR, but I [was] blessed by working next to her for two years – and what a work neighbor she was! Between sharing creamer for our coffee, spit-balling ideas for events, decorating for holidays, and rustling up teams for the corporate games, Janet was always smiling. ALWAYS. She was a force to watch, all the while keeping her plates spinning beautifully. Janet could always be counted on and had the patience of a saint (in fact, I called her "Saint Janet" on the daily). She loved her family fiercely and they were always firmly rooted in all of her future plans. Her excitement for her next phase of life was palpable, and we ALL were bursting with happiness for her. I know we are all experiencing just a little bit of a broken heart, but I can honestly say I'm a better employee and friend for having known her.





# *In Memoriam* **JANET KORSMO**



Janet had her Retirement party on Monday, October 26th where her colleagues had the opportunity to celebrate the amazing person she was. Please check out the [presentation](#) with an included video.

**GoFundMe for Janet's Family:** <https://www.gofundme.com/f/in-memory-of-janet-korsmo>



# Attitude of Gratitude

Do you ever feel like you're reaching for higher hopes yet don't seem satisfied? Expression of gratitude could be a positive mood boost.

Here are a few ingredients to cultivate gratitude brought to you by Harvard Health Publishing:



## Meditation and/or Mindfulness –

Select and focus on a mantra or repeating phrase or word and be present to the source of positivity; specifically name if it's a sound, smell, object, or scenery. Breathe and repeat.



**Journal** – List what there is to be thankful for; it could be an experience or a person but know that those listed items are cherished gifts and not to be taken for granted.



**Thank You's** – Whether you write it or say it, do express thankfulness for the objects, people, and surroundings around you. Also, place yourself as something to be thankful for; you should know how much you mean to everyone around you.



# 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. Breast cancer is the most common cancer in women. Treatment and staying healthy post-treatment requires us to make many choices and changes. This process is often marked with anxiety and challenges with focusing, usually causing extra stress and impacting us at work.



THE **Pink**Dolphins  
CSUCI STAFF SUPPORT GROUP

The Pink Dolphins was created as a support community where we can talk about 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](mailto: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](mailto: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](#).

Connect with YOUR Staff Council!



@CI\_StaffCouncil



[ci.staffcouncil@csuci.edu](mailto:ci.staffcouncil@csuci.edu)

# CORPORATE GAMES ARE YOU INTERESTED?

**We are working on determining if our campus will participate in this year's corporate games.** With the challenges we're all experiencing due to the COVID-19 pandemic, the facilitators of Corporate Games wanted to find a way to bring a modified version of the Corporate Games to us, using supplies from the Corporate Games event that was cancelled this past Spring.

This Corporate Games In-A-Box includes team building activities for businesses and organizations looking for positive ways to build team unity during the COVID-19 pandemic. The activities focus on fitness, having fun, and fostering team spirit that can be done while following State, County, and CDC guidelines for reducing the spread of COVID-19.

Below is a list of Corporate Games-style activities to help your team(s) come together in creative, safe, and fun ways during the COVID-19 pandemic. If CSUCI would like to participate, we would choose to complete all, some, or none of the challenges; it's up to us. The challenges listed below have been modified so they can be completed while following all State, County, and CDC guidelines for reducing the spread of COVID-19.

## Challenges:

- 5-Mile Virtual Run/Walk/Jog (hosted by Mile 26/Vendurance Sports)
- Modified Corporate Games-style Activity Ideas
- Share Your Favorite Workout Move
- Silly Walk & Roll Team Spirit Activity
- Sandcastle Contest



**Please let us know if you would or would not participate**  
**in any listed challenges to help us determine if CSUCI will**  
**participate in Corporate Games this year.**

**Submit your responses via this [brief survey](#) which takes less**  
**than a minute to complete.**





# SEE'S THE DAY!



*Help Staff Council by  
Ordering See's Candies!*

**ORDER HERE!**

Available: November 2<sup>nd</sup> – December 4<sup>th</sup>



If you can support the fundraiser, you will be helping to build funds to bring back some of our annual events and fund other important staff items. Staff activities (events, professional development, community building, etc).

This fundraiser is in support of the CI Staff Council. We will receive 50% of the proceeds from See's Candies!

Questions? Contact: Alyssa Lyons, Ways & Means Committee Chair  
at [Alyssa.Lyons@csuci.edu](mailto:Alyssa.Lyons@csuci.edu)

Our Store closes on December 4th so order today for a sweet treat!

<https://tinyurl.com/CISeesCandiesFundraiser>

# ZOOMtakular Winners!

Brought to you by CI Staff Council!

We are excited to announce the Winners for CSUCI's Virtual Halloween 2020 Event!

## HOUSE, HOME OR DESK DECORATING CONTEST

**Winner: Kristina Hamilton**

## PUMPKIN CARVING CONTEST

**Winner: Martinez Family**

## INDIVIDUAL, FAMILY & ANIMAL CONTEST

**1<sup>st</sup> Place winner: Marina and Robin**

**2<sup>nd</sup> Place winner: Jackpot and Cassie**

**3<sup>rd</sup> Place winner: Hannah and Sissy**

**~ Honorable Mentions ~**

**Greg Wood**

**Carlos Miranda**

**Martinez Family**

**Winners: You will be contacted with further details.**

**CI Staff Council | [ci.staffcouncil@csuci.edu](mailto:ci.staffcouncil@csuci.edu)**

**For those that were not able to attend the event, here is the link:**

**[https://csuci.zoom.us/rec/share/e9QUtLd6L4svR0J\\_NEBEQluNBmAFPI\\_tAjzx4mVfqa9xevoW\\_oDbTtB3zdj3d6VeV.NMrrdIH4DE\\_EH9e7](https://csuci.zoom.us/rec/share/e9QUtLd6L4svR0J_NEBEQluNBmAFPI_tAjzx4mVfqa9xevoW_oDbTtB3zdj3d6VeV.NMrrdIH4DE_EH9e7)**



# 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, November 17, 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.



[ci.staffcouncil@csuci.edu](mailto:ci.staffcouncil@csuci.edu)



[@CI StaffCouncil](#)

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