

**Vol. 32**

# IN THE LOOP

**February  
2022**



California State  
University

**STAFF  
COUNCIL**  
CHANNEL  
ISLANDS

## Staff Spotlight

**Diana Cruz Alvarado**

Document Management Coordinator

Diana graduated in Spring of 2021 with a BS in Health Science, Spanish Minor, and a Certificate in Healthcare Interpreting. She has held the Document Management Coordinator position since July of 2021. Prior to that she was a Student Assistant for the Student Systems Department.

Diana plays an important role in helping students graduate by managing the uploading of electronic transcripts and other important documents to the campus document management system.

She loves the opportunity to give back to the campus community which helped her while she was an undergrad student.

While not at work, Diana creates seasonal holiday décor.



**Thank You Diana!**

# CONGRATULATIONS PRESIDENT RICHARD YAO, PH.D



"Education is what survives  
when what has been  
learned has been  
forgotten."

- B.F. SKINNER

"I AM SO THANKFUL FOR  
THE DEDICATION AND  
EXPERTISE OF OUR  
FACULTY AND STAFF, WHO  
ARE CONTINUALLY  
STRIVING TO IMPROVE THE  
SUCCESS OF OUR  
TALENTED STUDENTS. I  
LOOK FORWARD TO  
WORKING  
COLLABORATIVELY WITH  
OUR FACULTY, STAFF,  
STUDENTS, AND  
COMMUNITY PARTNERS IN  
LEADING CSUCI INTO OUR  
THIRD DECADE."  
- PRESIDENT YAO

[READ MORE IN THE CSUCI  
NEWS CENTER](#)



Channel Islands  
CALIFORNIA STATE UNIVERSITY



**FOSTER UNDERSTANDING  
BETWEEN RACES**

**IMPROVE EDUCATION**

**RESTORE HISTORY**

Dr. Carter G. Woodson is best known for his genius creation of Negro History Week, which became Black History Month. His desire for it to culminate learning and thoughtful celebration holds truth today. Negro History Week was never meant to be a one-off acknowledgment, rather to spark ongoing dialogue and the recognition for the past and present events. Therefore, it is important to recognize the history of Black people and the accomplishments and contributions to the United States and to the world. It is important that Black history be taught throughout the academic year. Fast forward, this event inspires nations from Canada, United States, and the United Kingdom to continue in restorative and inclusive conversations that lead to a more just society. 2022's theme is focused on "Black Health and Wellness." Click the link to [Learn More](#)

## TRUTH

- Historian Carter G. Woodson chose February as the month to honor black history because it coincides with the birthdays of Abraham Lincoln and Frederick Douglass
- Black History Month is observed in Canada, Ireland, the Netherlands, the United Kingdom, and the United States
- Information on the contributions of persons of African descent to our nation and world is currently taught in universities and in many K-12 schools. Black History is featured in TV documentaries and in local and national museums. It is conveyed through literature, the visual arts, and music. The great lives and culture of Black History can be seen in national park sites and in the preservation of historical landmarks.

## FALSE

- Historian Carter G. Woodson chose February as the month to honor black history because it coincides with Woodson being born in February.
- Black History Month is only celebrated in the United States
- Black History Month is mostly celebrated in the month of February

## LEARN

- [Learning for Justice: The History Behind Black History Month](#)
- [National Geographic: A Resource Library Collection Celebrating Achievements](#)
- [Teaching Black History Requires Rigorous Sight](#)
- [Association for the Study of African American Life and History](#)

# Broome Library Black Scholars on Black Lives Lecture

*From the Margins to the Center: A Critical Examination of Black Women's Communicative resistance by Dr. Shardé Davis*

Tuesday, March 1st at 3 pm Pacific

Register at: <https://csuci.libcal.com/event/8883560>

Description: The "strong Black woman" ideal is a controlling image in U.S. society that places pressure on Black American women to maintain a facade of self-sufficiency, independence, and stoicism at all times and across their lifespan. Strength has historically been an insidious determinant of Black women's degenerative well-being. However, it may also serve as a powerful agent for their survival in an oppressive world. See the registration link above for further details!



## VALENTINE'S DAY

### PHOTO REQUEST

Staff Council would love  
to share photos of your  
Valentine/s in the  
March newsletter



SUBMIT: [LINKTR.EE/CISTAFFCOUNCIL](https://linktr.ee/cistaffcouncil)

## Campus Introduction of UC ANR Partners, March 4, 11:00-1:00

As part of our MOU with the University of California's Division of Agricultural and Natural Resources, the School of Arts & Science will be hosting an introductory event on March 4th from 11:00-1:00 at Founders Courtyard, adjacent to the Library. Dr. Annemiek Shilder, Director of the UC Cooperative Extension Ventura County and Hansen Agricultural Research and Extension Center, will be updating the campus as to the relocation of the Hansen Center to the Oxnard Plain. A networking activity will follow where UCCE Farm Advisors and Hansen Education Specialists meet with interested CI faculty and staff. We will also be welcoming Maureen McGuire, the new CEO for the Farm Bureau of Ventura County. The Farm Bureau serves as an independent voice for farmers and ranchers and serves as a resource for community members interested in local farming.

Please RSVP by February 23. All attendees must comply with Covid-19 safety protocols. For more information, visit the Spring 2022 Semester update. If you have any questions, please contact Ruben Alarcon ([ruben.alarcon@csuc.edu](mailto:ruben.alarcon@csuc.edu)) & Rachel Soper ([Rachel.soper@csuci.edu](mailto:Rachel.soper@csuci.edu)).

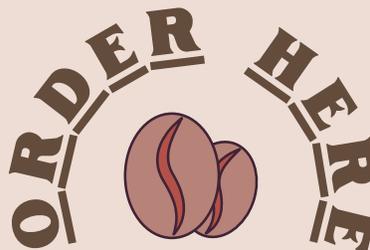


**"COFFEE & FRIENDS MAKE  
THE PERFECT BLEND"**



**THE GIVING BEAN**

**25% GOES TO  
STAFF COUNCIL**



**25% GOES TO  
STAFF COUNCIL**

**ORDER NOW!**



**The Asian/Asian American Pacific Islander Association (AAPIA) is pleased to announce the launch of our official website ([www.csuciedu/aapia](http://www.csuciedu/aapia)) and would like to invite faculty and staff to join us.**

The AAPIA promotes a campus climate that is sensitive, inclusive, and equitable for all ethnic groups through a variety of efforts. Founded in 2021, the missions of the AAPIA at California State University Channel Islands (CSUCI) are to bring together CSUCI faculty and staff to build a community and support network amongst AAPI faculty, staff, and students and promote social and cultural awareness of AAPI identities, cultures, histories, and issues through the coordination and support of activities on campus and communities at large.

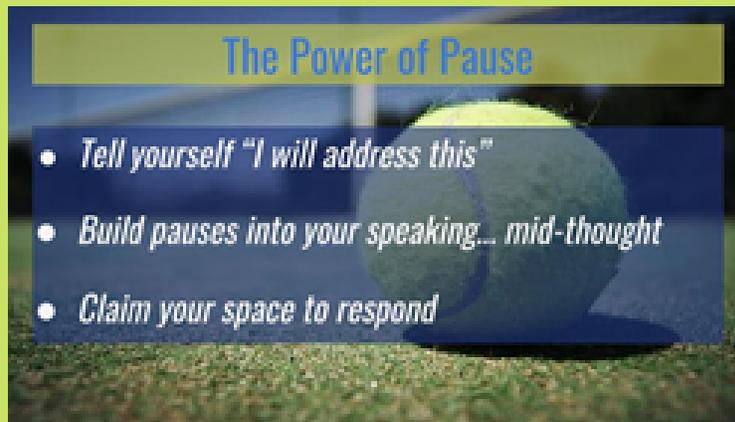
If you would like to become a member of the AAPIA, please provide your name and email address and answer a few questions in the linked survey (it will take only 1-2 minutes). Also, please indicate whether you are interested in serving as an officer by February 15th through the survey. If you cannot open the survey, please paste this link (<https://forms.gle/KBvjRKyea7yfrQTs5>). Please email [aapia@csuci.edu](mailto:aapia@csuci.edu) if you have any questions.

On behalf of the AAPI Taskforce team,  
HyeSun Lee, PhD  
Assistant Professor of Psychology

# OMBUDS CORNER

"[W]hen you take time to pause and add insight to injury, you will immediately start to feel empowered to make those majorly needed life shifts." [Emphasis added.]

Karen Salmansohn, American author



When human beings feel caught in unexpectedly stressful situations, our hardwired "fight, flight, freeze, and please" instincts often kick in despite the absence of a physical threat. It helps to have a strategy to move forward mindfully and not reactively, despite those instincts. Three simple steps can help us do that:

## Make a Commitment

Tell your brain that you are going to address this situation at the appropriate time. Literally make a commitment to yourself—perhaps even out loud, if circumstances permit—that you will exercise your power to choose a response and that you will not simply react (which includes freezing up and avoiding). You can acknowledge you don't know what addressing the situation appropriately looks like at the moment, but that you will figure it out.

## Respond Verbally

If you do choose to respond verbally, deliberately pause one or more times mid-thought. This buys time for your brain and others' brains to catch up. It also builds anticipation, allowing you to claim a degree of power in a healthy way.

## Take your Time

If you choose not to respond verbally at the moment, let others know you plan to respond to the issue at a time and place that will allow you to respond in a way that is most conducive to respectful resolution. Sometimes, all that involves is nodding slowly without any words. In other cases, it may involve acknowledging what happened from your perspective and requesting a follow-up.

- **Private and Confidential Scheduling:** [calendly.com/ombuds-officer](https://calendly.com/ombuds-officer)
- **Email:** [mark.patterson@csuci.edu](mailto:mark.patterson@csuci.edu) (not for confidential matters)
- **Phone:** 805-437-3283
- **Webpage:** <https://www.csuci.edu/ombuds/>
- **Twitter:** @ombudsCSUCI
- **YouTube**

**HOP INTO SPRING!**

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

**Order Here!**

**Orders due by March 25th**



California State  
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**STAFF  
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C H A N N E L  
I S L A N D S

# CSUCI *Virtual Cookbook*

PRESENTED BY STAFF COUNCIL



[SUBMIT RECIPES LINK](#)

[VIEW THE COOKBOOK](#)

*Submit a recipe for a chance to be featured*

## ★ **Staff Spotlight - Receive 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 [click here](#) to nominate!

## **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, March 15th 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.

If you would like to **submit content to our newsletter** please use the Qualtrics link provide.

## **Connect with YOUR Staff Council!**



**@CI StaffCouncil**



**ci.staffcouncil@csuci.edu**

Questions?

Comments?



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