



Vol. 18

IN THE LOOP

December
2020



STAFF
COUNCIL
CHANNEL
ISLANDS

Things to look forward to in this edition of "In The Loop":

- Virtual Cookbook
- Coast to Coast Competition
- Bracelet Fundraiser
- The Dolphin Discount Program
- **AND MORE!**



WITH OUR MOST SINCERE GRATITUDE AND THANKS

The CI Staff Council would like to offer a FREE small cup of coffee or tea to staff!

ON-CAMPUS STAFF ONLY:

DECEMBER 9, 2020

7 AM - 8 PM

FREUDIAN SIP (BROOME LIBRARY)

OFF-CAMPUS/TELECOMMUTING STAFF:

DECEMBER 9, 2020

7 AM - 2 PM

**KAY'S COFFEE SHOP (CAMARILLO)
2364 VENTURA BLVD.**

**Please present your CSUCI
Staff ID at time of purchase.**

Follow CSUCI guidelines and public orders from the California Department of Public Health and Ventura County Public Health for the COVID-19 pandemic.



Channel Islands
CALIFORNIA STATE UNIVERSITY

California State University Channel Islands
2020-21 Staff Climate Survey

CSUCI Climate Survey:

HERI sends an individualized link to each staff member via email, but here is a general link that we can use as well (staff just need to include their email address to verify they are a current employee):

[Click here to take the survey!](#)

2020

OH DEAR WHAT A YEAR!

2020, a year, in retrospect, that has been like no other. The CI Staff Council recognizes your wins and losses and sees your value in overcoming an extraordinary year. Core to our Council's commitment is staff engagement, so please enjoy the fun, resources, and team building!

HOLIDAY

playlist

1. **Amazing Grace** - Pentatonix (2020)
2. **Let It Snow!** - Kenny G (1999)
3. **Lean on Me** - Bill Withers (1972)
4. **Light One Candle** - Peter, Paul, and Mary (1986)
5. **Bring Me Love** - John Legend (2018)
6. **Mistletoe** - Justin Bieber (2011)
7. **What's Happening Brother** - Marvin Gaye (1971)
8. **Feliz Navidad** - Jose Feliciano (1970)
9. **Joy To the World** (London Symphony Orchestra)
10. **Spirit in the Dark** - Aretha Franklin (1970)

HAPPY
HOLIDAYS

TAKE CARE

of you

As the holiday hustle and bustle is here, remember to take good care of yourself and others. With much to celebrate in December - Christmas, Kwanzaa, Hanukkah, and much, much more, the celebrations give pause for connection, honoring tradition, and reflection. While the COVID-19 pandemic has challenged this special time of the year, find peace in simple joys.

Enjoy and click each resource:



[Shop Early & Online](#)



[Listen & Talk](#)



[Safety & Recovery](#)





Register Now for the New CSU Systemwide Wellness Challenge!

The Chancellor's Office has heard from employees that COVID-19 has not just impacted the way they work, but also their overall health and well-being. They are offering us a challenge! Join us in putting on your bell-bottoms, grabbing your favorite 8-track tapes, and packing the Polaroid for a fun-filled, nostalgic journey to some of America's most popular out-of-the-way places.

This is the FIRST-EVER CSU systemwide wellness challenge, which will allow you to compete (healthy competition!) with colleagues at your own campus AND with colleagues at all 23 campuses and the Chancellor's Office!

Starting December 28th, this 6 week virtual coast-to-coast trip will take you from east to west, stopping at amazing attractions with postcard-perfect vintage and modern images, plus awesome descriptions. Each day you'll visit a new attraction, earning points and experiencing road signs as you record exercise minutes or steps (sleep and meditation). Just put the wireless activity tracker on in the morning, sync it with your computer or app, and your steps will automatically load to your dashboard.

You can travel this course as an individual or once you sign up, why not grab 4-5 travel companions and create a team? This friendly competition is a great way to stay motivated, focused, and connected!

Register Now at: csu.coasttocoastwellness.com

We will be using the 2020 Corporate Games Medals during the Coast to Coast Wellness Challenge!

ENCOURAGE & INSPIRE

**Staff Council
Earns \$2 on
every bracelet
sold!**

**Only \$9.99
& comes
ready for
gifting!**

**Personalize a special
gift with stackable
bracelets, armed with
meaningful messages.**

Encouragement Bracelet

Adjustable leather strap
with silvertone bar. One
size fits most. For adults
and kids, ages 6 and up.
Comes in a jewelry box.
Dream Big (Green)

504-011

Be Brave (Red)

504-098

Believe (Yellow)

504-026

You've Got This (Blue)

504-102

\$9.99 each

FITS
ADULTS
&
KIDS!

**Quick!
12/7 -
12/14**

Place your order here: <https://forms.gle/N8x6tBMzySPqMjbx6> You will be contacted for payment via Venmo, Zelle, Paypal, or check. Delivery will be on-campus but other options are available.



**STAFF
COUNCIL**
**CHANNEL
ISLANDS**

Order Today!: <https://forms.gle/hk73Xc3DzBbijFuQ8>

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.



DOLPHIN DISCOUNT PROGRAM



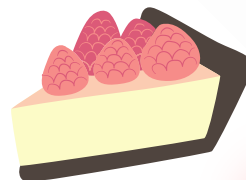
ONLINE HOLIDAY GIFT IDEAS

AA Gifts & Baskets

Jet Gift Baskets

Custom Neon

BioClarity



CLICK
HERE

for more info



Challenge!: There is an elf 🧝 hidden within the newsletter. First 5 people to email ci.staffcouncil@csuci.edu with a screenshot of the elf gets a prize!

what are you cooking?!

Here's one to try:

INGREDIENTS

One 8 oz. tube rolled
crescent dough
1/3 cup pizza sauce
1/2 cup shredded
mozzarella
24 pepperoni slices
2 tablespoons sesame
seeds
2 large fresh basil
leaves



1 Preheat the oven to 400 degrees F. Unroll the crescent dough and separate the triangles along the perforated lines. Cut the triangles in half lengthwise so that you have 16 triangles.

2 Overlap 2 pieces of parchment to make a 24-inch-long piece. Arrange the crescent triangles lengthwise in a long row on top of the parchment, with the pointy ends upright and the flat ends overlapping just slightly (the row should be as long as the parchment paper). Gently press the overlapping pieces of dough together so to seal.

3 Spread the pizza sauce over the thickest part of the strip of dough (about 1 1/2-inches). Sprinkle the cheese over the sauce and top with a layer of pepperoni.

4 Fold the pointy ends of the dough over top of the pepperoni tucking them under the dough to enclose the filling. Gently curve the top end of the dough to the left to make a candy cane shape that is the length of the back of a baking sheet. Transfer the parchment onto the back of a baking sheet. Sprinkle the sesame seeds on top of the dough. Bake until the dough is golden brown and the cheese is melted, 8 to 10 minutes. Tuck the basil leaves into the candy cane to make a bow. Serve with more sauce for dipping.

California State University Channel Islands

Presents your CI Staff Council

Virtual Cookbook 2020

Recipe Submittal Link: https://csuci.qualtrics.com/jfe/form/SV_6aVZ17HOK1KB12i



Please submit your
recipe(s) by
Friday, December 11, 2020



The cookbook will be
edited with all
submitted recipes by

December 18, 2020 and viewable on the Staff Council website:

<https://www.csuci.edu/staff/council/about-us/what-we-do.htm>

Happy Holidays!



Presented by: CI Staff Council



Submit your recipes by December 11, 2020!

View your **Virtual Cookbook** that will be edited with all submitted recipes by December 18, 2020. Please continue to submit recipes throughout the year and the cookbook will be edited on a monthly basis.

Getting Ready for the Winter Break...

Here are 10 reminders as you begin your break in the next few weeks:

1. If you are working in an office space at home or in your office at CI, don't forget to unplug any items you will not be using during the break to save on electricity.
2. Reflect on your accomplishments this past semester.
3. Treat Yourself! Take that walk, buy that beverage, visit the beach or plant a seed. Whatever really brings you joy, make some extra time for yourself this Winter Break.
4. Out loud or in your thoughts, highlight 5 things you are thankful for this year.
5. Create something during your time off. Whether it is a craft, cooked dish, or something you created (poems, stories, and more), take a moment to express yourself using your thought and actions.
6. Reduce your carbon footprint. The holiday periods of the year often bring a lot of trash so don't forget to recycle and re-purpose wrapping, reuse gift bags, or make cool personalized wrapping out of paper bags.
7. Budget and save! Money seems to flow more frequently during time off so don't forget to monitor your finances so you reduce any future stress. There are tons of great apps to help too [here are some recommendations from 2020!](#)
8. Volunteer or give back to your community. There are many Food drives in Ventura County, as well as other ways to give back to others this time of year.
9. Establish 3 goals as you plan to begin the Spring semester.
10. Get some real R&R! This year has been exhausting to say the least. Make sure you prioritize sleep and resting since YOU DESERVE IT! Thank you so much for all your hard work, commitment, and perseverance in 2020.

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 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.

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](#).

Connect with YOUR Staff Council!



@CI StaffCouncil



ci.staffcouncil@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, December 15, 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



[@CI StaffCouncil](#)

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