

**Vol. 31**

# IN THE LOOP

**January  
2022**



**STAFF  
COUNCIL**  
CHANNEL  
ISLANDS

## Staff Spotlight

**Rebecca Anne Slocum**

Schedule of Classes Coordinator

Rebecca joined CI in 2019, you may recognize her from CAPS or from the Math Department.

She recently started a new position as the Schedule of Classes Coordinator. Rebecca works diligently to develop the timelines and instructions for programs. She ensures chairs and program staff have information on standards and expectations for each semester's schedule, plus runs accuracy checks on the backend. In addition, she oversees and maintains the Schedule of Classes website. This new Office of the Registrar position came about as a way to have oversight of the campus-wide class schedule under one area.



**Kudos to Rebecca for  
supporting the campus!**

# Thank You and Good Luck Adan Sanchez!



A word from his colleague- I would like to thank Adan Sanchez for his years of service as our physics lab technician. Adan has been a joy to work with and an asset to the physics department.

Adan has designed, developed and built fantastic new physics demo equipment. He also helped with the transition to an online environment and worked tirelessly to get lab kits to our students so they could do electronics labs at home. These kits have proved so successful we are continuing to give each student a kit (which they keep forever). Adan is an alumnus of the CI physics department, and is leaving to join an exciting startup company who have made him an offer far too good to turn down. While is a great loss to our department to lose him, it is evidence of the transformational potential of a degree from CI and a reminder that all our hard work is ultimately changing lives.

# Welcome Ashley!



**Ashley Segovia was recently hired by the Human Resources Department as their Human Resources Assistant. She graduated from CSU Channel Islands in 2020, with a Bachelor of Arts Degree in Sociology. Prior to joining the Human Resources team, she worked for two Navy Commands supporting their Labor and Employee Relations Departments in Human Resources.**

# THROW BACK

## Faculty & Staff Holiday Party



# REMEMBERING TIME TOGETHER

PHOTO CRED: WHITNEY HOWARD- CAMPUS PHOTOGRAPHER

# TOP 10 MOST COMMON NEW YEAR'S RESOLUTIONS AND HOW TO FOLLOW THROUGH ON THEM

[SEE FULL ARTICLE](#)



Every year, millions of people make New Year's resolutions, hoping to spark positive change. The recurring themes each year include a more active approach to health and fitness, improved finances, and learning new things for personal and professional development. Chances are, more than a couple of the top 10 most common resolutions will look familiar to you:

1. **Exercise more**
2. **Lose weight**
3. **Get organized**
4. **Learn a new skill or hobby**
5. **Live life to the fullest**
6. **Save more money / spend less money**
7. **Quit smoking**
8. **Spend more time with family and friends**
9. **Travel more**
10. **Read more**



Making your New Year's resolutions happen  
Despite the best of intentions, once the glow of a fresh new year wears off, many people struggle to make good on their plans. According to a study published in the *Journal of Clinical Psychology*, only 46% of people who made New Year's resolutions were successful. That means over half of the people who set a goal for the new year will fail!

The study also involved non-resolvers, people who did not make a New Year's resolution, but had a goal they wanted to achieve that year. Only 4% of non-resolvers were successful at achieving their goals, a far bleaker result than those who did make a New Year's resolution. Naturally, we don't want to be in the camp of folks that fail to achieve their aspirations and dreams for 2021, so we've put together an exhaustive plan for following through on your resolution. If you want to realize your New Year's resolution this year, follow these 10 steps:

1. **MENTALLY PREPARE FOR CHANGE**
2. **SET A GOAL THAT MOTIVATES YOU**
3. **LIMIT RESOLUTIONS TO A MANAGEABLE AMOUNT**
4. **BE SPECIFIC**
5. **BREAK UP BIG GOALS INTO SMALLER GOALS**
6. **WRITE DOWN YOUR GOALS**
7. **SHARE YOUR RESOLUTIONS WITH OTHERS**
8. **AUTOMATE WHERE POSSIBLE**
9. **REVIEW YOUR RESOLUTION REGULARLY**
10. **IF YOU FALL OFF TRACK, GET BACK ON QUICK**

# Find Your Mantra

FIRST 3 WORDS YOU SEE

L C P K E E P E S H A R E M A K E H V B R S  
I Y L I G H T F O C U S D E S I R E M E L I  
V C A N B O L D D R A W A E F N E A R G O M  
E L Y D E C R E A T E L Y T I D E R J I V P  
S E L F A E U N B L I S S P A S S I O N E L  
B O D Y U A N J R F L O W M A G I C U L G I  
O M I V T R L O E L I U A L I G N A R T R F  
M O R E Y T O Y A Y M L J A M S U N N S A Y  
H O T C S H W F T R I P S O O N P R E T T E  
G R O W M A T U H G T E M B R A C E Y R I N  
W E W S I A L T K I N D N E S S E L F O T E  
A O A K L I I U F V I W A N D E R A I N U R  
R N R Y E R F R I E J O Y D A R E X R G D G  
M E D I T A T E T H I N K P E A C E E K E Y

SOULFLOWER.COM

**We will also be sharing this word find on Instagram. If you would like, please share and comment on the three words that make up your mantra!**

HELLO

# JANUARY

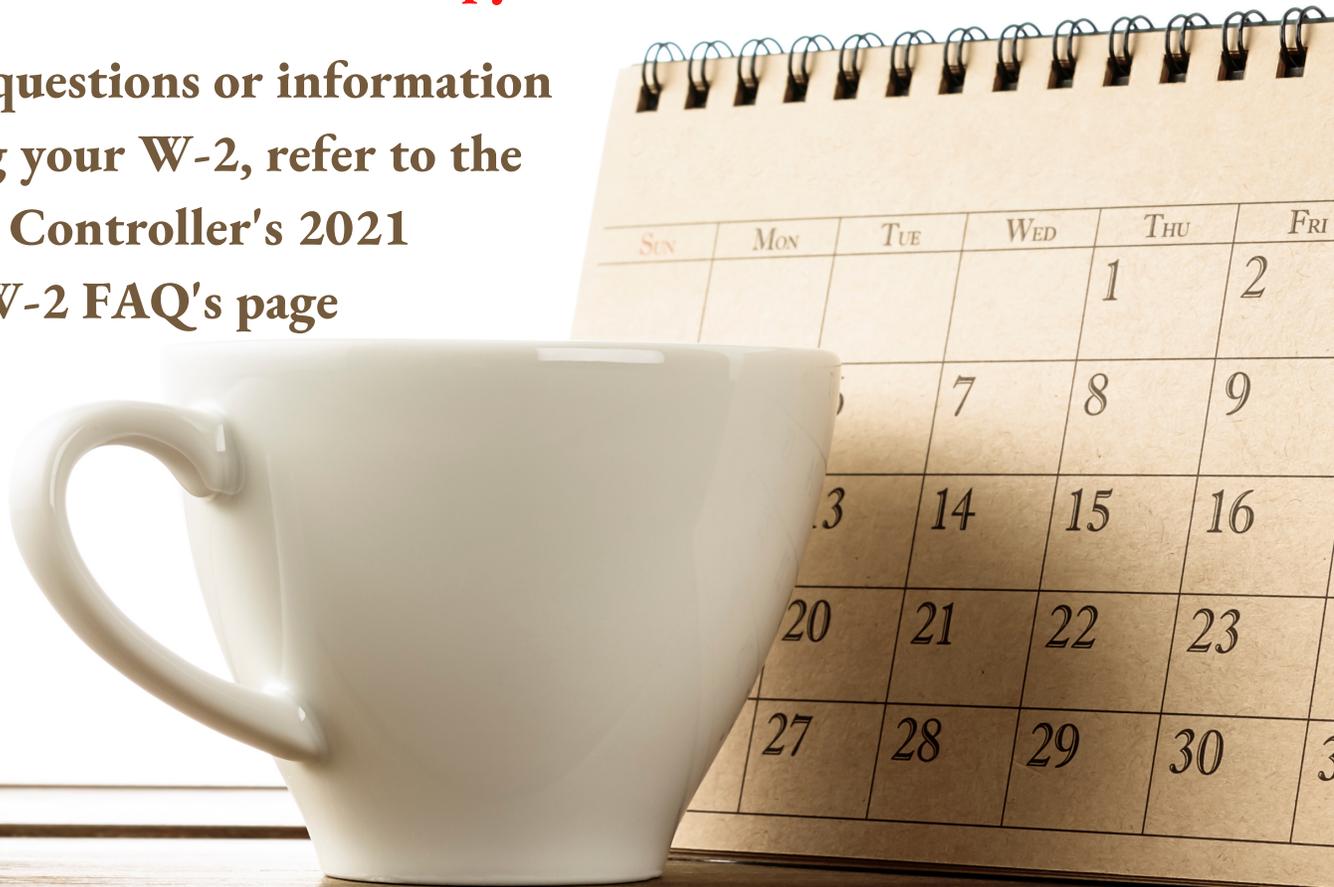
NEW MONTH, NEW YEAR, NEW CHAPTER!

## W-2 Announcement

The State Controller's Office will begin mailing out your 2021 W-2 form on or around January 21, 2022.

**Although you can view and print your 2021 W-2 through Cal Employee Connect on or after January 31, 2022, it is not a valid copy to file with returns.**

For more questions or information regarding your W-2, refer to the State Controller's 2021 W-2 FAQ's page



CSUCI

Vaccine Information

**Booster Deadline**

**February 6, 2022**

**\*For those who are eligible**

**CALLING ALL  
THE SHOTS**

Covid-19

Frequently Asked Questions- CSUCI

The COVID-19 Case Management Team is now using new CDPH guidelines for isolation and quarantine. If you have tested positive, are having any symptoms or are having an exposure, please submit a report to the [CCMT](#). If you have any questions, contact their office at

805-437-3550 or email [healthyCSUCI@csuci.edu](mailto:healthyCSUCI@csuci.edu)



# Food Waste Recycling Coming to CI!

BY ROXANE BEIGEL-CORYELL, CSUCI SUSTAINABILITY & ENERGY MANAGER

We have *souper eggciting* news to share! CI will be launching food waste recycling throughout campus this spring. This may sound *nutty*, so let's *taco* 'bout it.

In January 2022, California passed a Senate Bill requiring food waste recycling statewide! This means at many of your favorite businesses (like CI!) and even at your home, you will start to see food waste recycling programs.

*Donut* worry, we won't suddenly have rotten food filling our classrooms and hallways. CI is taking a strategic and thoughtful approach to balancing regulatory compliance with practical implementation. Here at CI, we will be introducing food waste collection bins in all the major food service locations, as well as key locations in each campus building. Food waste collection bins will be identifiable by their green lids and signs indicating what materials are acceptable in the collection bin.

## What can go in the bins?

At this time, only food waste will be collected. That includes any edible food, or non-edible parts of food, such as meat, bones, dairy, bread, fruit, vegetables, tea bags, and coffee grounds.

## What cannot go in the bins?

We cannot accept any non-food items such as paper products, "compostable" products, plastics, recyclables, or trash.

## Why the focus on food waste?

Food waste accounts for nearly 40% of all waste sent to the landfill. While rotting in the landfill, food waste releases significant amounts of potent greenhouse gases, serving as a major contributor

to climate change. By collecting food waste for "recycling," the valuable nutrients in food products can be captured through various composting methods to create nutrient-dense compost or to generate renewable energy and transit fuels through anaerobic digestion.



Keep an eye out this semester for more information as we work to implement this program. It takes each and every one of us to make this a success. If you have any questions or would like more information, please email [roxane.bc@csuci.edu](mailto:roxane.bc@csuci.edu).

# WHO, ME? YES, YOU!

## YOU MATTER

Finding time to invest in yourself can be tricky. Employers purposefully build in opportunities within their benefit packages such as employee assistance programs, with you in mind. Employees - know that you are not alone. Start by listening to Empathia Life Matters most popular work-life balance webinars, topics such as:

1. Self-Care During the COVID-19 Pandemic
2. Healthy Lifestyle: Keeping it Simple
3. Raising Socially Responsible Children
4. Succeeding Though Kindness
5. Strategies to Manage Frustration and Anger
6. Get Motivated
7. Finding Peace in the Chaos
8. Helping Children Cope with Grief and Loss
9. Chronic Illness and Stress
10. Preventing Harassment in the Workplace



**CLICK & ENTER**  
**PASSWORD CSUCI**

## START PLANTING A GUIDE TO GARDEN PLANNING

January is the perfect time to plan a spring garden. The climate is cool to moderate, frosty in some regions. While many plants are dormant, this is an opportunity for re-growth activities:

- Take stock of bulb plants
- Begin seedlings indoors
- Prune bushes and trees
- Sharpen gardening tools



Southern California is known for its advantageous weather, so here are planning ideas to boost optimal garden growth.

[The Almanac - 2022 Planting Calendar](#)

[The Almanac - Vegetable Gardening for Beginner's](#)

[Growing Works - An Innovative, Wholesale California Native Plant Nursery](#)

[Master Gardeners of Ventura County - Resources for Home Gardeners](#)



# Thank you Pilar, Georgina, Jennifer & Laurie from the Center of Community Engagement For Sharing!

IF YOU ARE LOOKING FOR WAYS TO GIVE BACK TO THE COMMUNITY, PLEASE DO NOT HESITATE TO REACH OUT TO THE CENTER FOR COMMUNITY ENGAGEMENT AND LAURIE GEIER, AMERICORPS VIP. THE CENTER MAINTAINS A DATABASE OF LOCAL VOLUNTEER PROJECTS, AND LAURIE CAN ASSIST IN MATCHING YOUR AREA OF INTEREST WITH A NON-PROFIT AND/OR COORDINATE YOUR VOLUNTEER EXPERIENCE. LAURIE CAN BE REACHED AT [LAURIE.GEIER@CSUCI.EDU](mailto:LAURIE.GEIER@CSUCI.EDU)

IF YOU ARE UNABLE TO STEP AWAY FOR AN HOUR BUT WANT TO GIVE BACK, HERE ARE SOME IDEAS FOR YOU:

- **COASTAL CLEAN-UP:** GRAB YOUR COLLEAGUES OR FAMILY MEMBERS AND SPEND AN HOUR AT THE BEACH INDEPENDENTLY CLEANING UP LITTER AND CIGARETTE BUTTS. YOU CAN ALSO JOIN SANTA BARBARA CHANNELKEEP THIS SATURDAY, JANUARY 22, AT VARIOUS LOCATIONS FOR A BEACH CLEAN-UP. [SEE DETAILS HERE.](#)
- **DEVELOP YOUR ANTI-RACIST TOOLBOX:** SPEND AN HOUR EDUCATING YOURSELF ABOUT FORGOTTEN HISTORY, [CRITICAL RACE THEORY](#), AND QUESTIONING YOUR OWN [IMPLICIT BIASES](#). GRAB A JOURNAL, WRITE YOUR THOUGHTS, AND MAKE A COMMITMENT TO ACTIVELY ENGAGE IN WHAT YOU LEARN. CHECK OUT A LIST OF ANTI-RACISM BOOKS [HERE](#).
- **[BE MY EYES](#):** LEND YOUR EYES TO SOLVE TASKS BIG AND SMALL TO HELP BLIND AND LOW-VISION PEOPLE LEAD MORE INDEPENDENT LIVES. THROUGH THE BE MY EYES APP, AN INDIVIDUAL WITH VISUAL IMPAIRMENT REQUESTS A SERVICE AND CONNECTS WITH YOU VIA VIDEO CALL TO GUIDE THEM IN TASKS SUCH AS CHECKING EXPIRY DATES, DISTINGUISHING COLORS, READING INSTRUCTIONS, OR NAVIGATING NEW SURROUNDINGS.



IF YOU'D LIKE TO SEND A VALENTINE'S MESSAGE TO COMPLIMENT, THANK OR JUST SAY ANYTHING SPECIAL TO SOMEONE FOR VALENTINE'S DAY, HERE'S YOUR CHANCE! POST A NOTE ON THE CI STAFF COUNCIL VALENTINE'S DAY PADLET.

[HTTPS://PADLET.COM/CISTAFFCOUNCIL/VALENTINESDAY](https://padlet.com/cistaffcouncil/valentinesday)

TO POST, JUST SIMPLY, CLICK ON THE



ICON.

NOTE: THE PADLET IS ONLY VIEWABLE BY THE CI CAMPUS COMMUNITY AND NOT TO THE PUBLIC. POSTS WILL BE MODERATED AND APPROVED BEFORE BEING ADDED TO THE PADLET.

# CSUCI *Virtual Cookbook*

PRESENTED BY STAFF COUNCIL



[SUBMIT RECIPES LINK](#)

[VIEW THE COOKBOOK](#)

*Submit a recipe for a chance to be featured*

## FEATURED RECIPE

### FRENCH ONION SOUP

FROM THE STAFF COUNCIL COOKBOOK

#### ingredients:

- 1 ½ POUNDS (3 LARGE) ONIONS, THINLY SLICED (6 CUPS)
- ¼ CUP BUTTER
- 3 10 ½ OUNCE CANS OF CONDENSED BEEF BROTH
- 1 TEASPOON WORCESTERSHIRE SAUCE
- ¼ TEASPOON SALT & PEPPER
- 2 FRENCH OR HARD ROLLS
- MOZZARELLA CHEESE

#### steps:

COOK ONIONS IN BUTTER UNTIL LIGHTLY BROWNED. ADD BROTH AND WORCESTERSHIRE SAUCE AND BRING TO A BOIL. SEASON WITH SALT AND PEPPER. PLACE HARD ROLLS IN BOTTOM OF BOWLS AND COVER WITH COOKED ONIONS AND BROTH. SPRINKLE WITH DESIRED AMOUNT OF MOZZARELLA CHEESE AND PLACE UNDER BROILER UNTIL CHEESE IS LIGHTLY BROWNED.



California State  
University

STAFF  
COUNCIL

C H A N N E L  
I S L A N D S

**T H E   G I V I N G   B E A N**

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# COFFEE, TEA, & HOT CHOCOLATE



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**25% GOES TO  
STAFF COUNCIL**



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**25% GOES TO  
STAFF COUNCIL**

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**K CUPS, LOOSE LEAF TEA,  
& MUCH MORE!**



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



# Spot the Differences!

There are **5** differences between these two images. Please email your answers to [ci.staffcouncil@csuci.edu](mailto:ci.staffcouncil@csuci.edu). The first **two** winners will receive a prize!





# Coffee and Collaboration with OMBUDS



A Zoom drop-in on preventing and managing conflict. Each week, the University Ombuds shares a quick conflict management concept and invites critique and discussion. We'll be done in 30 minutes... before your coffee gets cold. Sign up for future Coffee and Collaboration sessions with OMBUDS: [Coffee & Collaboration Registration](#). (Reminder: Coffee & Collaboration now alternates between Wednesdays at 8:30am and Thursdays at 11:30.)

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

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

Questions?

Comments?

