

**Vol. 27**

# IN THE LOOP

**September  
2021**



**STAFF  
COUNCIL**  
CHANNEL  
ISLANDS

## **Staff Spotlight**

### **Michael Mahoney**

Instructional Support Technician III  
in Biology



**A word from his colleague: Whether it's a student asking for directions, a faculty member needing to troubleshoot an experiment, or a fellow staff member needing guidance, Mike is always helping someone. You will rarely see him sitting still for very long, and he's always ready with a smile and word of advice. Mike is quick to rise to any occasion, often arriving on campus before and leaving after the rest of us (he even comes in on the weekends). He is the "behind the scenes" person most students never know about, but the Biology department and other programs that rely on his expertise would not be as successful without him.**

# Shout Out!

The Mail Services and Shipping & Receiving (MSRP) department provides diligent and expert support to the campus community. A part of the Financial Services Unit, MSRP receives hundreds of incoming packages from USPS, UPS, FedEx, Amazon, and inter-departmental mail. The department develops and continuously works to improve procedures to facilitate accurate record-keeping of the cross-campus incoming and outgoing mail and shipments. Most recently when they provided faculty with support in the shipment of student lab kits. Kudos to the MSRP team, including Robert (Bobby) Perez, Baldemar Zumaya, Andreas Gruenig, and student assistant Zack Ruggiero for working as a team to tackle the job with professionalism and a can-do attitude. Please extend a warm thank you to the MSRP team the next time you see them on campus!



# VOLUNTEERS NEEDED

It is a new tradition at CI to celebrate the beginning of the academic journey for new students. The program will include remarks from the President and other members of the campus community. The event will start at North Quad on Friday, October 15 at 3 p.m. with a welcome celebration to follow at 4 p.m. **We will need volunteers starting at 10am!**



**THE COUNTDOWN TO GRADUATION BEGINS...**

**INAUGURAL  
NEW STUDENT  
CONVOCAATION**

**FRIDAY, OCT. 15, 2021  
3 TO 4 P.M.  
NORTH QUAD**

**RSVP AT: [TINYURL.COM/CSUG1STUDENTCONVO21](https://tinyurl.com/csug1studentconvo21)  
REGISTRATION REQUIRED**

**FOLLOWED BY A CONVOCAATION CELEBRATION FROM 4 TO 5 P.M.**

CI does not discriminate in the educational programs or activities it conducts on the basis of race, ethnicity, color, nationality, gender, gender identity, gender expression, age, marital status, religion, mental or physical disability, genetic information, sex, sexual orientation, pregnancy, medical condition, or special disabled veteran status, Vietnam-era veteran status or other covered veteran status. The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Accommodations and Support Services at (805) 437-3331 or accommodations@csuci.edu as soon as possible, but no later than 7 business days before the event.

[Volunteer Registration Here](#)

[More Information](#)

Welcome!

CSUCI'S HALLOWEEN  
2021 EVENT

OR SHALL WE SAY...

ZOOMTAKULAR



VIRTUAL EVENT

Friday, October 29, 2021

10:30 am - 12:00 pm

RSVP:[https://csuci.qualtrics.com/jfe/form/SV\\_1XJMXwkg91gJsJ8](https://csuci.qualtrics.com/jfe/form/SV_1XJMXwkg91gJsJ8)

We look forward to seeing you!



# It's Back to School We Go!



Renee Fuentes (before Title IX)  
Preschool at Menehune Rainbow School



Christine Girardot's (HR) Kids  
Grades 8 & 12



Jessica Dalton (before MS Biotech)  
Kindergarten



Katelynn Ellison (before Admissions)  
2nd grade at Pierpont Elementary

# SUMMER, DON'T GO



WENDY(HR) & JON OLSON,  
Hotel del Coronado, San Diego

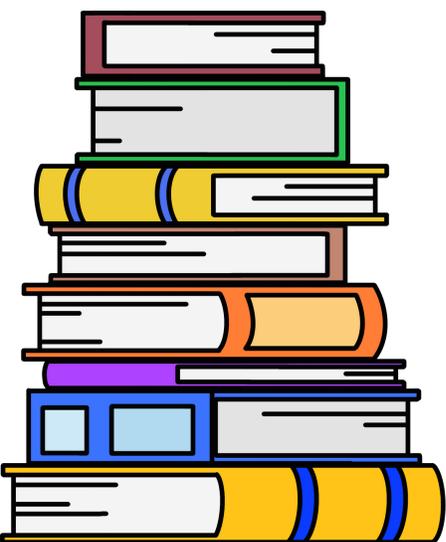


WENDY (HR) & JON OLSON,  
The Happiest Place on Earth!



ALBERTO YUTUC (FS) &  
FAMILY, Taipei, Taiwan

# Share Back to School Photos



SHARE A BACK TO SCHOOL OR  
THROWBACK SCHOOL  
PHOTO OF YOURSELF

[Photos - upload here](#)

trouble uploading? please email your photo to  
[ci.staffcouncil@csuci.edu](mailto:ci.staffcouncil@csuci.edu)

## FEATURED RECIPE

### LEMON POPPYSEED CAKE

by martha ferguson

#### ingredients:

##### Cake

10.8 oz Melly Belly  
flour blend - [recipe link](#)  
2 tbsp poppy seeds  
1 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp salt  
1 tbsp buttermilk powder  
1 cup sugar  
3 lemons for zest  
4 tbsp lemon juice  
2 butter sticks, softened  
4 eggs

##### Glaze

1 1/2 cups of powdered sugar  
1 tsp lemon extract  
1 tbsp heavy cream or milk of  
choice



#### steps:

Beat softened butter in a mixer until creamy. Add in your sugar and eggs until well mixed. In a separate bowl, mix all of your dry ingredients together (flour, poppy seeds, baking powder, baking soda, salt, and buttermilk powder). With your mixer on low, slowly add in your dry ingredients about 1/2 cup at a time until mixed well. Scrape down the sides and bottom of the mixing bowl with a rubber spatula. Turn on your mixer again to make sure everything got incorporated. Last, add in your zest and lemon juice and mix it for another minute. Let your cake mix sit while you preheat your oven to 350 degrees and grease a loaf pan while you wait. Once preheated, pour your cake mixture into the loaf pan and bake for 55-65 minutes until golden brown and a toothpick comes out clean from poking the cake. Giving the cake mix that extra moment to sit before just baking, allows the flours to really soak up the liquids and the lemon flavor. Most GF flours are thirsty so give it some time and preheat the oven towards the end of this recipe. I used a glass loaf pan, feel free to use a metal one but baking times may differ as metal pans heat faster so your cook time may be less (keep an eye on it). Once done, place your cake pan on a cooling rack. Wait 10-15 minutes before removing the cake from the loaf pan.

Once fully cooled, in a bowl mix together your powdered sugar, lemon extract, and cream/milk. Whisk it well to make sure it's not clumpy. If it looks too thick or clumpy, add a teeny bit more milk to smooth it out to your liking. If using a cooling rack, set some parchment under it because this part gets a little messy and it will catch the glaze that drips down. Drizzle your glaze over the top and let it fall off and cool on top. Once your glaze has set, slice and enjoy!



# September is Self-Improvement Month

**Self-Improvement Month reminds us that we all need to improve – and we all need to care for ourselves. It’s an opportunity for us to assess how satisfied we are with ourselves and to take the necessary steps to become who we aspire to be.**

**Note: The self-improvement industry, valued at nearly \$11 billion in the United States, offers books and other products intended to improve personal, mental, and physical health.**

## How to Observe Self Improvement Month

### 1. Adopt an exercise routine

It happens every year – the annual migration to the gym after the holidays to shed all that turkey weight. Why wait? Get a jump on the holidays and start an exercise routine or join a gym to be in tip-top shape before the holidays arrive.

### 2. Read some books

There are a million self-help books on the market that cover everything from work/life balance – to improving self-confidence – to managing relationships with family members and friends. Crawl up with a book or two that might introduce you to some new and helpful ideas.

### 3. Volunteer

People who volunteer are happier and feel volunteering gives them a sense of purpose. Identify one or two charities that align with your interests and commit to volunteering a few hours a week or month. You’ll be helping them, and yourself.



# Self - Esteem Bingo

MASTER A NEW SKILL	LET NEGATIVE PEOPLE GO	STAND AT THE EDGE OF COMFORT ZONE	DO SOMETHING CREATIVE OFTEN	AFFIRM YOURSELF OFTEN
EXPRESS FEELINGS	ACCEPT FAILURES AS PART OF GROWTH	FACE FEARS	MANAGE TIME WELL	MAKE TIME FOR REST
EXERCISE OFTEN	CULTIVATE HOBBIES	<i>Free</i>	LIVE HUMBLY	BE KIND TO YOURSELF
HONOR YOUR WORD TO OTHERS	REMIND YOURSELF YOU ARE ENOUGH	LOVE YOURSELF MORE THAN OTHERS WILL	DREAM BIG AND MAKE IT HAPPEN	CHALLENGE LIMITING BELIEFS
HELP SOMEONE	STOP WORRYING ABOUT WHAT OTHERS THINK	HEAL YOUR PAST	READ SOMETHING INSPIRATIONAL	RECLAIM INTEGRITY

Challenge: There are 3 apples  hidden within the newsletter. The first 3 people to email [ci.staffcouncil@csuci.edu](mailto:ci.staffcouncil@csuci.edu) with screenshots of each apple will receive a small prize!  
(prompt apple excluded)

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# We're Still Standing

STRIVING & THRIVING TOGETHER

## It's open enrollment time again!

From Sept. 20, 2021 through Oct. 15, 2021

### JOIN THE VIRTUAL BENEFITS FAIRS

[CLICK HERE TO REGISTER](#)

WEDNESDAY, SEPT. 29: 10 AM – NOON

THURSDAY, SEPT. 30: 1–3 PM

FRIDAY, OCT. 1: 10 AM – NOON

CALIFORNIA STATE UNIVERSITY  
CHANNEL ISLANDS

2021

VIRTUAL COOK BOOK

Presented by: CSUCI Staff Council



Please submit your recipes and look for the  
Virtual Cook Book in the Newsletter:

[https://csuci.qualtrics.com/jfe/form/SV\\_6qV7J7HQK1KB1Zj](https://csuci.qualtrics.com/jfe/form/SV_6qV7J7HQK1KB1Zj)

**[Click Here](#) to view  
submitted recipes!**

# MEETING

OCTOBER 19, 2021  
NOVEMBER 16, 2021  
DECEMBER 14, 2021  
JANUARY 18, 2022  
FEBRUARY 15, 2022



# Need Support As We Repopulate?

As we start to pack up our home offices and head back to campus, remember it's not weird to feel apprehensive about returning. We are here to support the transition! If staff need any support in terms of campus repopulation please reach out to the CI Staff Council at [ci.staffcouncil@csuci.edu](mailto:ci.staffcouncil@csuci.edu)

## 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! Your nomination message can be quoted here so that everyone can learn just how awesome that staff member is. New for 2021: Special gift provided to featured staff!

## 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, October 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](#)



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

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

Questions?

Comments?

