
Staff Connections Winter 2020 Newsletter

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New Year News!

What's new at WOU from the Staff Connections Committee?



The WOU Staff Connections Committee looks for ways to connect our staff and create a friendly and enjoyable work environment. Through this quarterly newsletter, we hope to create a resource where staff can share and gain information.

Staff Senate's Goals for the Upcoming Year

- Internal communication of information
- Professional development and mandatory training
- Employee evaluations



Staff Connections Events

While the weather was pleasant, the Staff Connections Committee got their steps in every Thursday at 10am, and went for a short jaunt around campus. We even had a few die-hards that met during the cold and rain! Once the sun comes out again, we will bring this back and hope to see some new faces and make some new friends.

We also held our first-ever Wine Down Wednesday - Game Night on December 4th. It was fantastic to see about 20 people show up for the free appetizers, drinks, and games. Some employees brought their families, as well, and we had such a great time connecting with each other. The next Wine Down Wednesday event is scheduled for **March 11th**. We hope you'll join us!

We are planning another after work activity on **February 18th**. Let's get together and "strike" up conversation at the bowling alley. We're planning a family-friendly evening of bowling! Remember, it's not how you bowl, it's how you roll!

Department in the Spotlight: Peter Courtney Health & Wellness Center Here's to a Happier and Healthier You in 2020

Kristine Thomas, WOU, Professional Writer/Editor

For more stories on what's happening at WOU, visit <https://today.wou.edu/2020/>



Achieve your goals to be happier and healthier in 2020 by discovering an activity at Western Oregon University's [Peter Courtney Health and Wellness Center](#), also known as the Courtney Center.

“Exercise and physical activities can increase energy, reduce depression, anxiety and stress, create a positive mood, increase self-esteem and confidence, improve sleep, and support

cognitive processes,” Campus Recreation Assistant Director Zachary Hammerle said.

Full-time WOU students are automatically members of the Courtney Center. Online or dual-enrolled students, and WOU employees can purchase a daily pass or term [membership](#). It costs \$108 per term for fall, winter and spring, and \$105 for summer term.

Hammerle said there's an activity for everyone's fitness level. There are two courts for basketball or volleyball, two racquetball courts, an indoor track, weight training equipment, cardio machines, rock wall and a swimming pool. You also can take classes, checkout equipment, or join an intramural or club team.

"We offer myriad programs in order to facilitate new discoveries and support consistency for participants," Hammerle said.

Research indicates exercising for at least 30 minutes a day has tremendous health benefits.

"For students, adding an activity in a few times a week like lifting weights, participating in a yoga class, climbing the wall, swimming or playing a sport is a great way to balance your well-being and keep up with the high demands of academics," Hammerle said.

WOU offers opportunities to explore fitness as a lifelong commitment. The Courtney Center is a safe place to spend time with friends or meet new friends, have fun and stay healthy, Hammerle said.

"Overall, wellness is important, and finding a balance between studying, work, life and exercise can help boost mental health," Hammerle said.

The Courtney Center staff is eager to assist you whether you want to improve your skills or learn a new activity.

Make it a goal in January to stop by the Courtney Center and see what it has to offer you.

1. [Dive in](#). The pool is open for year-round aquatic exercise classes, lap and open swim, swim lessons and more. There is a women only swim time. Classes include stand-up paddleboard, water volleyball, Aqua Fit, Hydrosculpt, Aqua Zumba, and lifeguard and water safety.
2. [Climb the wall](#). Whether you are a beginner, top-rope climber, boulder or lead climber, there is a 40-foot high by 40-foot wide rock-climbing wall to test your skills.
3. [Spin](#), yoga or Zumba? Discover activities you enjoy by taking a class. WOU's fitness classes are aquatic exercise, meditation, cycling/spin, yoga, Pilates, Zumba and Body Pump.
4. [Explore the outdoors](#). WOU's Outdoor Program organizes adventures for students and staff. If you need gear to go snowshoeing, camping or another activity, Campus Recreation has rental gear.
5. [Join a team](#). WOU offers students the opportunity to participate on a club sport or intramural team. A club sport team is competitive and represents the university in intercollegiate competition. Intramural teams compete against other WOU intramural teams. At WOU, the highest level of competition starts with NCAA teams, followed by club and intramural.

Have You Met _____?

As always, we want to take a moment to introduce some of the staff at WOU! If you are interested in being a part of the Staff Connections committee, please reach out to one of our members: [Kathy Bolen](#), [Tony Manso](#), [Alexis Larson](#), or [Jen Willard](#). No matter how involved you'd like to be, the Staff Connections Committee is a great opportunity to share your ideas, have fun, and meet people.

Leonard Crawford:

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Department and position: I am the Office Manager at the Registrar's Office. Right now, I am working on a special project to help our office become paperless.

Started at WOU: Fall 2001

Other Positions Held: I began my career at WOU as part of the janitorial crew.

Favorite Movie/Genre: I enjoy Tom Clancy movies. I also really like Hallmark Christmas movies. I guess that's what happens when your wife writes romance novels.

What is your favorite food: Prime rib roast and my wife's sweet potato casserole.

Why do you love WOU?: I love working with students and helping make their time at WOU as positive as possible. It is a pleasure to work with students throughout their college careers and see them graduate and go out to conquer the world.

Do you have any talents?: I am a great cook and even help my wife decorate cakes. I also like to hunt and fish.

What is one thing that no one would guess about you?: I wanted to be a forest ranger when I was younger.

Kelby McClelland:

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Department and position: Campus Public Safety, Officer

Started at WOU: Fall 2010

Other Positions Held: I started as a student employee working parking and dispatch/communications desk in fall of 2010. In the summer of 2014 I was hired as a full time limited duration officer. I was appointed to full time permanent in spring of 2015 working as a commissioned Campus Public Safety Officer.

Favorite Movie/Genre: Wilderness survival and self sufficiency

What is your favorite food: Anything cooked on a BBQ

Why do you love WOU?: The close knit community

Do you have any talents?: My talent is being able to juggle

What is one thing that no one would guess about you?: I have a motorcycle and enjoy motocamping through national parks.



Stacey Rainey:

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Department and Position: Disability Services – Assistant Director, Deaf & Hard of Hearing Services

Started at WOU: For employment, I initially started at WOU in 2004 as a Staff Interpreter and then after that I was an Hourly Interpreter for many years. I have been in this current position since December 2012. Although, I started my WOU journey my freshman year in 1996!

Favorite Movie/Genre: I would say romance comedies are my favorite genre of movies. My all time favorite movie is Untamed Heart (go 90s!).

What is your favorite food: cheeseburgers

Why do you love WOU?: I love the personal and professional connections that you make with people over time. WOU is like home to me and I am thankful for all of the opportunities I have been given!

Do you have any talents?: I can sing.

What is one thing that no one would guess about you?: I have always wanted to go skydiving!

Getting to Know WOU

This term we posed the following question to campus. You all are so imaginative, and made it way more fun than we ever expected it would be. Thanks for participating!



The zombie apocalypse is coming, who are 3 WOUvians you want on your team and why?

<p>CM Hall</p>	<p>Megan Habermann-Guthrie: For street smarts and comic relief Marshall Guthrie-Habermann: For some sensible maneuvering skills Tina Fuchs: For her laugh and compassion for the zombies and ability to see all the sides of the zombie apocalypse</p>
<p>Susan Griffin</p>	<p>Rebecca Chiles - She will always outsmart the Zombies. Tina Fuchs - She knows all the good hiding spots and where all the special supplies are stored. Nick Edmiston - He doesn't play fair and he is very creative, plus he knows where the good water is! - and with these three we would always win!</p>
<p>Albert Worotika n</p>	<p>Anyone who was in Military</p>
<p>Jennifer</p>	<p>Malissa Larson - she's got the energy to outrun and out fight anyone!!!! Tina Fuchs - she has all the resources and knowledge to keep us alive June McMillan - she's my friend and I want to keep her alive</p>

<p>Jennifer Willard</p>	<p>David Anderson - Because Right!?! Don't mess with Dave! :) Jerielle Cartales - Because she has an advanced degree in how to hide the body. Kathy Witwer - Because she can wear out the undead with her boundless energy.</p>
<p>Tammy Gardner</p>	<p>Allen Risen - from Campus Public Safety - for obvious reasons of safety and his knowledge of so many things! Jon Hoffman - from Facilities - he can build anything! Jane Cameron or Ben Lipp from Valsetz - they know food and supplies! I think we would survive with food, shelter and safety! Of course, I would not have much to add to the mix...lol!</p>
<p>Amanda Bales</p>	<p>Randy Bales <u>Relevant Skills:</u> Hunting, fishing, survival, "human compass". <u>Assets:</u> FWD truck and boats.... I think I'm also legally obligated to choose him. Beeb Singson <u>Relevant Skills:</u> Weapons/survival skills, geographic knowledge about minerals and rocks and stuff and I feel like he'd be able to find us water no matter where we were. <u>Assets:</u> He'd bring his wife and kids and THAT's really the whole point. Jeanie Stuntzner <u>Relevant Skills:</u> Snark <u>Assets:</u> Cats. Because cats!</p>
<p>Alexis Larson</p>	<p>Stacey Stevens because she's fierce; Rian Gayle because he'll see trouble coming; and Colin Haines because he has a military background</p>
<p>Cara Groshong</p>	<p>Rosita Olalde because she is our organizational master, she's used to herding cats, and if anyone can pull us together to survive, it's her. Kristen Kreskey because she knows all the hidden nooks & crannies, and dare I say "where the bodies are buried!" She'll get us all the right tools, ahem, weapons, to ensure we live to fight. Emily Swart because she has the laser focus and courage to kick butt! She's got that certain set of skills to cut through all those zombies and make sure we get to safety. I know I'm only supposed to choose three... but I really want Erin McDonough along because she knows where to find all Lonny Sargent's bats. (Watch out Lonny, we're coming!)</p>
<p>Malissa Larson</p>	<p>There is no way I could pick just three folks...looks like I am volunteering to be eaten?!?!?!?</p>
<p>Nancy</p>	<p>Rebecca Chiles - Public Safety, and she has the keys to everything Susan Griffin - CERT coordinator - very dependable and has access to all types of supplies Nick Edmiston - Facilities services - CERT and very handy overall</p>

<p>Leanne Merrill</p>	<p>Erin Baumgartner, who literally teaches a class about surviving mass extinctions; Emmanuel Macias, for the organizational skills, positivity, and sass he would bring; and Sharon Price, who already has everything we need labeled and stored in her office!</p>
<p>Paloma White</p>	<p>David Anderson--He's handy with a sword and other weapons. Emmanuel Macias-- I like the idea of being fashionably dressed (complete with accessories) while fighting off zombies. Susan Hays--She's hilarious and if the worst happened, at least we would be laughing at the very end.</p>



Have a great Winter Term!