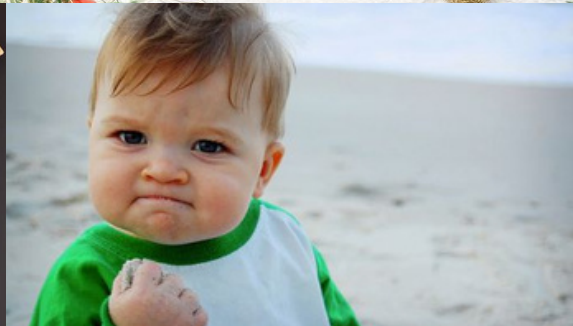


# STAFF CONNECT MONTHLY

*Monthly Staff Happenings*

*Inside the Issue*



## PET OF THE MONTH

This month's pet belongs to Computer Science Division's Tracy Boyson!

## MEME OF THE MONTH

Check out which meme we're vibing on for December.

## SURVEY CENTRAL

See how your fellow staff voted in our monthly poll!

## ANNOUNCEMENTS

The COVID Cookbooks are coming in January! We had 36 orders (woohoo!). Prepare to have friends from the Staff Connections Committee personally deliver your book and say hi. Let us know if you have any questions.







# MEME OF THE MONTH

Mom: You need a winter jacket  
 Me: This is way too big  
 Mom: Don't worry, you'll grow into it



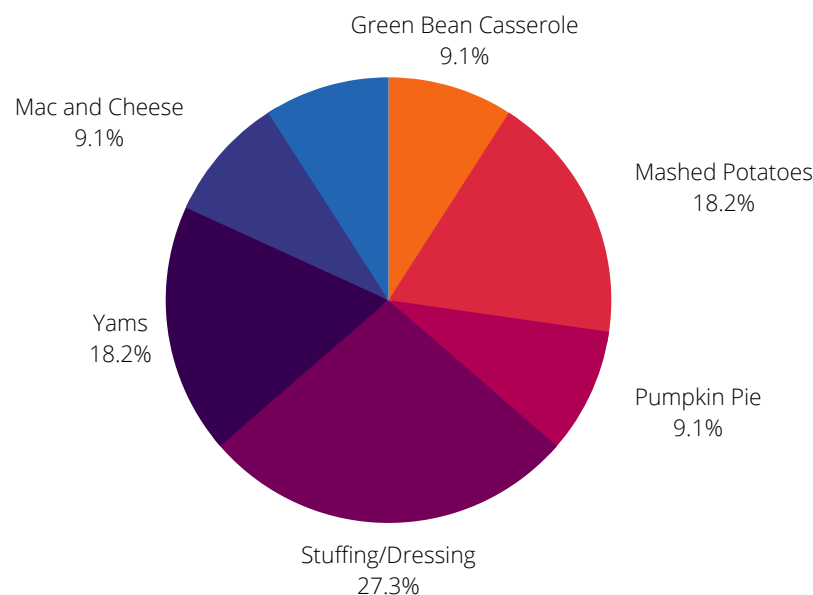
# LOCAL TREE FARM

Need a Christmas Tree? The Bigfoot Christmas Tree farm, located on the Monmouth Cutoff on the way to Dallas, has pre-cut and self-cut trees! Gather your family around the fire and grab a Christmas Tree. Visit their Facebook page for more info.



# SURVEY CENTRAL

We asked and you answered. The results are in! This month's question was: what's your favorite holiday side dish?



"I like smashed potatoes with the skin inside, not necessarily mashed up too much. And I like a sprinkle of parmesan, garlic, and butter when I make it."

**-Keegan Gormally, Student Success and Advising**

"Yams--homemade, not the icky canned stuff. Chopped yams covered in butter, brown sugar and marshmallows. Bakes to gooey perfection."

**-Paloma Larsen, Registrar's Office**

"I have never had candy yams/sweet potatoes ever! Just had no idea what it was or my parents never made it. Until I met my wife and she helped me get me over my fear of its look and now one of my favorite dishes! Especially when she makes it!"

**-Adrian Trujillo, Student Success and Advising**

Watch for our Monday-ish Motivation emails for the next survey question!

# WORKPLACE SELF-CARE

Here's your monthly reminder to take care of yourself on, and off, the job. This month's tip is "Let it go".

We recommend the free app "Calm" for any device. They offer mindfulness exercises, articles, and lectures on self-care. For "Let it go" Calm says:

It's almost impossible to go through life without being irritated or triggered by others. And it's all too easy to fall into a narrative of "they're wrong, and I'm right." Regardless of right or wrong, these interactions and thought patterns impact both mind and body. We may experience tension in the jaw, and muscle tightness in the neck, shoulders, and upper back. One way to positively reframe this experience is to **recognize that everyone is doing their best**. Even if it's not obvious, we're all confronting our own challenges.

Perhaps the colleague who forgot to thank you is feeling anxious about something they have to share with a loved one at dinner, or they're going through financial difficulties. **When we remind ourselves of the complexity of life, we begin to soften, and forgiveness becomes possible.** Imagine what kind of world we could co-create if we all tapped into kindness and compassion more often.



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## STAFF RECOGNITION CORNER

This month we would like to give the WolfStore Staff a huge shoutout! The WolfStore provides books and supplies for students on campus, and has neat trinkets if you're looking for gifts. The WolfStore Staff work around the clock to make sure they're stocked with the necessary materials any student needs for success. If you find yourself in the WUC with some free time, stop by and say hi! You might even find something you didn't know you needed.

Thanks for all you do for WOU!

# WE LOVE

*The WolfStore*

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## WE ARE STAFF CONNECTIONS COMMITTEE



**JULIA FRUIT**  
*Creative Arts*



**ALEXIS LARSON**  
*Disability Services*



**TONY MANSO**  
*UCS*



**RON MERCER**  
*Student Success & Advising*



**SHARON PRICE**  
*WOU: Salem*



**ADRIAN TRUJILLO**  
*Student Success & Advising*