



Staff CometConnection

A monthly newsletter for Mayville State Staff
Provided by MaSU Staff Senate

April 2021

UPCOMING EVENTS:

APRIL 2

GOOD FRIDAY | Campus Closed



Registration for Summer/Fall
Begins!

APRIL 7

Orville Johnson Meritorious Service
Award Nominations DUE!

APRIL 12

Staff Senate's 25th Birthday

APRIL 14

INTERNATIONAL MOMENT OF
LAUGHTER DAY | Watch your
email....

APRIL 15

NATIONAL ART DAY | see p. 5 for
ALL campus activity

APRIL 22

EARTH DAY |
Adopt-a-Hwy Clean-up |
2pm-4:30pm |
West Parking Lot of OM



TO THE MAYVILLE STATE FAMILY:
Alli Rollers & Amanda Jordan



WE SAY GOODBYE TO:
Lindsey Hall

BIRTHDAYS

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Kristina Wosick	3 Chris Gonnella Mason Lamieikia
4 Mackenzie Amudson Bryan Karolus Teri Wright	5 Nicholas Flesland Amy Sand	6	7 Heather Hutchins	8	9	10
11	12	13	14	15	16 Jared Meiklejohn	17
18	19	20	21	22	23	24 Brenda Eide
25	26	27	28 Rachel Ochoa Mary Trudeau	29 Susan Cordahl	30 Kelly Kornkven Brad Papenfuss	



Are you a Wellness Center member? Access to the pool is included with your membership!

Programming Offered

Family Swim

Sundays 1:00-2:00pm

Open Swim

Sundays 2:00-3:30pm

Lap Swim

Tuesdays & Fridays 6:30-7:50am

Water Exercise

Mondays & Wednesdays 4:45-6:00pm

Tuesdays & Thursdays 9:45-11:00am

Private Parties

Interested in renting the pool for a private event?

Contact Remi Herman:
remington.werner@mayvillestate.edu



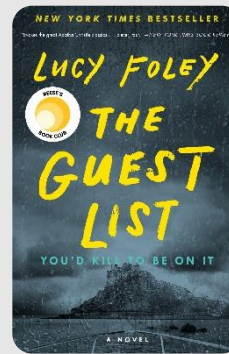
Follow us on
Facebook:
@CometAquatics

Self-Care Corner



Staff Podcast Recommendation:
Song Exploder by
Hrishikesh Hirway

Song Exploder is a podcast where musicians take apart their songs, and piece by piece, tell the story of how they were made. Guests include Fleetwood Mac, Billie Eilish, U2, Metallica, Solange, Lorde, Yo-Yo Ma, The Roots, Bon Iver, and more.



Staff Book Recommendation:
The Guest List by
Lisa Folely

On a remote island, the perfect wedding turns deadly in this thrilling mystery. The high-profile wedding between a television star and a magazine publisher is supposed to be the perfect event. Once the guests arrive, past conflicts come into play and someone turns up dead. Was it the bride? The best man? The wedding planner? Folely keeps you guessing until the end.

Comet Comforts

White Chocolate Puff Corn Submitted by Courtney Peterson



18-24 oz almond bark
1 (6-8oz) package puff corn
Sprinkles or colored sugar



1. Pour the Puffcorn into a large mixing bowl. Spread some waxed paper on your counter.
2. Break the almond bark into pieces and place it in a glass bowl. Cook in the microwave at half power, stirring every 30 seconds until melted and smooth.
3. Pour the melted white chocolate over the puffed corn and stir till coated evenly.
4. Spread onto waxed paper. Add your sprinkles or colored sugar of choice.
5. Let sit until hardened. Enjoy!



[Click here](#) to submit your Comet Comfort or Self-Care Corner recommendations!

Staff Strategies Campus Phones

Tuesday, April 13th @ 10 am
Presenter: Matthew Dalrymple

- Overview of MSU phone system
- Review of phone functions
- Recent campus technology updates

Staff Strategies Trainings are brought to you by MSU Staff Senate

All are welcome to participate in trainings



Thank you for your nomination

that included:

Sarah Blumkin
Racheal Wright
Maria Foster
Sharon Bartlette
Courtney Myers
Melissa Gehl
Sarah Gasevic

Jennifer Long
Shay Thorsgard
Shannon Skovlund
Teresa Agnes
Veronika Pawlikowski
Kelly Ehlears

Brenda Hettich
Deb O'Brien
Ashley Williams
Karen Poverud
Taerica Hall
Meggie Mitzle

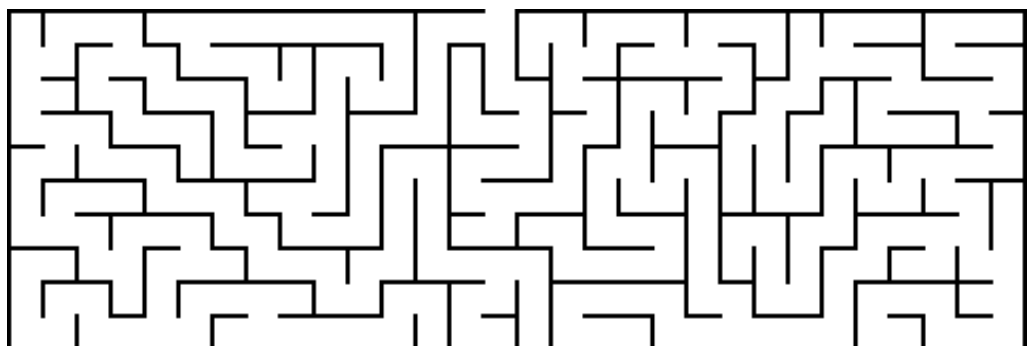
Joni Oveson
Brad Papenfuss
Leslie Frederick
Jenny Long
Leslie Durkin
Sandy Knudson

Congratulations to March's winner, **Michayla Maruska!**

As a friendly reminder, **staff** members can only win the award once per calendar year, however our calendar year has restarted. For the list of past winners, check out the [Comet Kudos page](#) on the Staff Senate website. To nominate a **staff** member that you feel should be recognized for February use the following link: [Comet Kudos Nomination Form](#) ***For Faculty nominations, please contact your Faculty Senate for recognition.*

Brain Break

Take a break and see if you can find your way out of the maze!



COVID Taskforce Wellness Subcommittee
presents

WALK THE WORLD IN 30 DAYS



You walk the steps, we track the miles!



THE CHALLENGE

- 1) Register using the **CHALLENGE RUNNER** app.
 - 2) MOVE! Track your steps from April 1-April 30. They will sync with the app.
 - 3) Upon completion, get entered into a participation drawing.
- *Highest steps achieved wins partial pot from "take a hike" fundraiser!



EXTRA FUN!

In lieu of this challenge, we hope to encourage ALL Staff and Faculty to move a lil more, as we all can be more sedentary than we wish at our desks.

Students, staff, & faculty can purchase a "Take a Hike" card to handout to a Faculty or Staff member to encourage them to get up and walk over the month of April.

Faculty or Staff members can also buy a "Hike with Me" card to give back to the person who nominated them.

\$1/card or \$5 for 6 cards

***Need not have to participate to join in this part. Proceeds will be split between Student Senate & Winner of the April Steps challenge.**



HELPFUL TIPS FOR GETTING ACTIVE

Move more		Build		Sit less
Moderate	Vigorous	Strength	Balance	Limit
Breathing a bit harder but still able to talk	Breathing fast and cannot easily talk	Weight lifting	Dancing	TV, computer, and other screen time
Brisk walking	Running	Doing pushups or squats	Practicing yoga	How much?
Easy cycling	Fast cycling	Doing heavy chores	Doing martial arts	Less than 2 hours per day (outside of work or school)
Playing catch	Playing basketball	How much?	2 days per week	Break up sitting time
How much?	How much?	Activity tips:		
Moderate 150 minutes per week	Vigorous 75 minutes per week	• None is bad, some is good, more is better.		Every 20-30 minutes stand up and move around for 2-3 minutes (even at work)
That's about 30 minutes on most days	OR a mix of both	• Start small and build up a little at a time.		
x2	To lose weight, get twice as much activity	• Just 10 minutes at a time is enough to benefit you.		



HOW LONG SHOULD I WALK FOR?



If you're walking for general health, build up to **150 minutes per week**-- or about **30 minutes on most days**. If you're trying to lose weight, aim for 250 to 300 minutes per week-- or 60 minutes on most days. If you can't get it all in at once, break it up into as little as 10 minutes at a time

Resources:

<https://intermountainhealthcare.org/ckr-ext/Dcmnt?ncid=523940725>

MARK YOUR CALENDAR APRIL

WEDNESDAY, APRIL 14



Watch for an email from Staff Senate on Wednesday, April 14. The video inside will be sure to brighten your day!

INTERNATIONAL MOMENT OF LAUGHTER DAY



THURSDAY, APRIL 15

Take a moment to de-stress, doodle, or write something inspiring! Staff Senate is providing sidewalk chalk, which can be found in buckets out front of each campus building. E-mail your artwork photos to staff.senate@mayvillestate.edu!

Open to all of campus.



WORLD ART DAY

TUESDAY, APRIL 22



There is no better way to honor Earth Day than to volunteer. You are invited to participate in Staff Senate's Adopt-a-Highway service project. Highway 18 from mile marker 118 to 121 both North and South Bound.

Open to Staff and Faculty.

INTERNATIONAL MOTHER EARTH DAY

Please gather at 1:50 PM in the West parking lot of OM | Gloves and safety vests will be provided

**SPONSORED BY MSU STAFF SENATE
EVENT PLANNING/FUNDRAISING COMMITTEE**

WIN THE BEST SEAT IN THE HOUSE

- SPONSORED BY STAFF SENATE



ULTIMATE FAN EXPERIENCE TO BE WON! PACKAGE INCLUDES -

- TICKETS TO ONE COMET HOME GAME WITH 3 GUESTS
- EXCLUSIVE AREA TO WATCH THE GAME
 - INCLUDES COUCH AND TABLE!
 - CLOSE TO CONCESSIONS!
- COOLER FOR YOUR BEVERAGES WHICH INCLUDE -
POP & WATER

**PURCHASE A COMET PRIDE BUTTON TO BE
ENTERED TO WIN BEST SEAT IN THE HOUSE!**

FOR FOOTBALL SEASON NEXT YEAR ONLY, WE OPTED OUT OF THE
SPRING SPORTS DUE TO RESTRICTIONS.