



Dhawa (Monk) Gurung from Nepal, is creating a sand mandala, stop by the west side of the International Lounge between April 11-20. Unable to visit, consider watching this on live stream <http://www.kaltura.com/tiny/0s711>.

## LEADERSHIP LETTER

### From the Vice Chancellor

Before coming to Crookston, I worked as a faculty member in graduate preparation programs for people who wanted to work in higher education as faculty, student affairs educators, or administrators. I recall advising students to avoid making big decisions in the “A” months (April and August) because they tend to

be highly stressful times of year in our line of work. It is difficult to make our best decisions when we are tired or stressed.

For a number of people within our community, April coincides with their observance of Ramadan, the holiest month in the Islamic calendar. While often referred to as a religious holiday, Ramadan is a unique observance that involves fasting, prayer, and reflection focused on themes of charity, empathy, and connection to others. The physical disciplines of Ramadan can be tiring or stressful, but their purpose is to enhance personal development and the ability of individuals to manage the stresses of life. Speaking for myself, it is an opportunity for me to learn from others whose spiritual and religious experience extends beyond my own.

For example, one of my former students recently shared a social media post that connected her observance of Ramadan with the observance of earth month. She cited a verse from the Qur'an that directs people to "eat and drink from the provision of Allah, and do not commit abuse on the earth, spreading corruption" (2:60). She reflected how she used to read the verse as instructing her not to commit abuse toward others while living on earth, but she now reads it as also encouraging her to avoid excess that would harm the earth itself. Extending this to our campus, this might be a call to engage in Ecochallenge 2022, a program designed to advance sustainable development work here in Crookston. More information about this program is listed under "events" below.

This is just one example of connecting a spiritual practice to education and our shared work to make the world a better place. Similar connections exist for significant Baha'i, Christian, Jewish, and Sikh holidays observed in April. Whether you engage in Ramadan or one of these other religious observances yourself or if you learn from others in our community who do, it is a great reminder for all of us to focus on being grateful and mindful of learning from others as we finish the school year.

John Hoffman

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### **Accolades**

**Jacob Isaacs, Director of Student Success/Advising recently participated in the 2022 Central States Communication Association (CSCA) Annual Convention in Madison, Wisc.**

([https://www.cscs-net.org/aws/CSCA/pt/sp/convention\\_overview](https://www.cscs-net.org/aws/CSCA/pt/sp/convention_overview)). March 31-April 3, 2022

Panel presentations included:

"Re-connecting the network: Re-asserting the collective strength of community college communication faculty to position ourselves for the future". Co-Presenter (with B. Belter-Roberts, K. Weismann, M. Krzmarzick, & M. Yaroslaski). Central States Communication Association 2022 Annual Convention, Madison, WI (03/22).

"Shared governance: What role do we play as instructors at our institution and how does this impact our ability to re-connect with students?" Co-Presenter (with M. Yaroslaski, K. Omachinski, H. Nesemeier, & M. Yaroslaski). Central States Communication Association 2022 Annual Convention, Madison, WI (03/22).

“Taking our lessons from COVID to re-connect with students in the face-to-face environment”. Co-Presenter (with S. Mirviss-Jossart, K. Omachinski, M. Yaroslaski, & H. Nesemeier). Central States Communication Association 2022 Annual Convention, Madison, WI (03/22).

“The tyranny of the urgent’: Re-connecting as a profession when there is no time to do so”. Co-Presenter (with H. Nesemeier, S. Mirviss-Jossart, D. Wendt, T. Robinson, & A. Brown). Central States Communication Association 2022 Annual Convention, Madison, WI (03/22).

Isaac’s recently completed a year’s term as Chair of the Community College Interest Group within CSCA and has been elected to a one-year term as Chair of the Adjunct/ Temporary Faculty Caucus within the organization. He will serve as Past-Chair of the Community College Interest Group and Chair of the Adjunct/ Temporary Faculty Caucus until the 2023 annual convention in St. Louis, MO.

#### **Rutherford Johnson, Ph.D., Business Lecturer, recipient for the ACBSP Teaching Excellence Award, Region 4.**

The Accreditation Council for Business Schools and Programs ([ACBSP](#)) is built on the significance of the classroom teacher to the mission of degree-granting institutions, the Teaching Excellence Award is an annual award that recognizes individuals each year who exemplify teaching excellence in the classroom. Johnson, Business lecturer, is the 2022 recipient chosen within each of the eleven ACBSP regions around the world. The selection process evaluates nominees based on a series of criteria, teaching philosophy, and recommendation from university administration.

## **CAMPUS UPDATES**

#### **In the Spirit of Cinco de Mayo, Friday, April 22, volunteers needed**

On behalf of the In the Spirit of Cinco de Mayo committee, I am inviting you and your team members to volunteer a bit of time. We need assistance in serving food from 4:30-7:30, volunteering with crafts and greeting guests. Please consider [signing up](#) for a one hour slot, encourage your peers to join you for :30 minutes to one hour on Friday, April 22. We appreciate your time and of course your consideration.

#### **Human Resources**

Professional Development Day- April 18th

- 9:00am-12:30pm- Morning session open to all faculty and staff
- Bede Ballroom or Zoom- <https://umn.zoom.us/j/95878112509>
- 9:00-9:30am
  - Wongdue Sangbo Gurun- Brief introduction to Buddhism and Meditation Session.
  - Monk Gurung will be bringing sand from Nepal and working on a 6' x 6' mandala starting Mon, Apr 11, and the closing on Wed, Apr 20 will be dismantling the work and bringing the sand to the river.
- 9:30-11:30am
  - Lindsey Heiserman- Workshop focused on managing burnout, self-care, and communication.
  - Lindsey is a personal trainer and life coach with over a decade of experience working with a wide variety of clients. She completed her undergraduate degree at Truman State University with a focus in exercise physiology and emphasis in psychology. Over the last nine years she has held a variety of positions including a leadership role as an assistant

department head, she has taught group personal training classes, and connected with clients in individual sessions. In 2013 she graduated from Adler Graduate School with a Master's in Psychotherapy and an emphasis in Career Coaching. She also holds a Professional Life Coaching certification and is a National Academy of Sports Medicine Certified Personal Trainer. When not working with clients you can find her training for obstacle course racing, adventuring and traveling around the United States, hanging out with her fur babies, drinking coffee, and hunkering down for the upcoming cold Minnesota winter. [www.lindseyheiserman.com](http://www.lindseyheiserman.com)

- 11:30-12:30pm Boxed lunch available to those who completed the survey sent out by Chris Winjum.
  - If you are interested in lunch and did not complete the [survey](#), please do so by the end of day Monday, April 11th.

Former Department Head, Agriculture and Natural Resources, Ronald DelVecchio, Ph.D., passed away April 4 in St. Louis, Missouri. Funeral services for Dr. Ron Del Vecchio, 64, of Springfield, Missouri, are pending with Crawford-A. Crim Funeral Home. His obituary can be found [here](#).

Eric Bergeson, 57, of rural Fertile, MN, died Wednesday, April 6, 2022 at his home on the grounds of Bergeson Nursery. Eric was a well-known author, speaker, horticulturist and former adjunct instructor at U of M Crookston. For more information regarding his obituary, click [here](#).



### Wellbeing at the U

The [Employee Wellbeing Program](#) has a variety of upcoming programs for you to participate in.

#### Center for Spirituality & Healing Events

- Monthly Webinars. Learn about a variety of mindfulness topics by tuning in to the Center for Spirituality and Healing's free monthly webinars. Each webinar earns 200 Wellbeing Points.
- Mind-Body Tools to Manage Anxiety and Difficult Emotions, Tuesdays, May 3, 10, and 24 from noon to 1 p.m. Attend to learn supportive practices to restore calm, stabilize mood, and focus. Each session has a suggested donation of \$10. [Register here](#).
- Tibetan Medicine Webinar Series: Joyful Living! Tibetan medicine, Tibet's ancient, comprehensive science and art of healing, teaches that the purpose of life is to be happy. This timely system of whole person healthcare focuses on preventing imbalance, reversing dis-ease, restoring health, and promoting spiritual physical and spiritual immunity.
  - Create a Healthier MIND and Live Joyfully! Thursday, April 14, noon-1:00 p.m. [Register here](#).
  - Create a Healthier BODY and Live Joyfully! Tuesday, May 17, noon-1:00 p.m. [Register here](#).
  - Transform Fear into Joyful Living! Thursday, May 26, noon-1:30 p.m. [Register here](#).
- Mindfulness at Work. Register for this six-week, online, and self-paced course to learn about mindfulness techniques and their application to a workplace setting. The course earns 1,200 points and has a suggested registration price of \$50. [Register here](#).
- Mindful Mondays. Attend free drop-in virtual sessions that feature mindfulness and gentle movement exercises on Mondays from noon to 1 p.m. Each session earns 50 Wellbeing Points.

[Register here.](#)



**Earth Week, April 18 - 25, presented by Crookston Students for Sustainable Development**

Check out the [Events Calendar](#) for activities around campus all week.

**Join the Ecochallenge 2022, small steps lead to big change.**

[Ecochallenge](#) is a platform to educate, entertain, and engage the community on ways to drive sustainable habits. Building a more sustainable world and healthier planet can't be done alone. Ecochallenge provides the support and resources to transform behaviors at work, school, and beyond. Consider [joining Shelby Engle's](#) team.

**Library Services**

Join us Thursday, May 12 from 2-4 on the second floor of the Library to celebrate Krista Proulx's retirement.

**Horticulture Department**

Join the U of M Crookston Horticulture Department for the 48th Annual Bedding Plant Sale. There is a great selection of flowering annuals, vegetables, strawberries, and herbs. All are welcome, payment accepted includes cash or check.

**Highlights**

Wongdue Sangbo Gurung, a Buddhist monk from Nepal, will create a Tibetan Buddhist tradition, a sand mandala.

Join the campus community and watch him create the sand mandala in person or online at <http://www.kaltura.com/tiny/0s711>. The [creation of the sand mandala](#) will commence Monday, April 11 in the west side of the International Lounge within the Sargeant Student Center. Special tours will be offered Friday, April 15 and Saturday, April 16 from 10-2. Parking will be available in Lot "A". This is free and open to the public.

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