



Wongdue Sangbo Gurung, a Buddhist monk from Nepal, has begun the creation of a sand mandala at UMN Crookston.

LEADERSHIP LETTER

From the Chancellor



If you haven't had a chance to see the mandala Monk Gurung has been working on since the past Monday, check it out. The process of making the mandala is a form of meditation and act of faith. The slow, meticulous work that is required to create a mandala reinforces the Buddhist belief of emptying one's mind and being in the present. It is ritualistically destroyed once it has been completed to symbolize the Buddhist belief in the transitory nature of material life. The closing ceremony will be Wednesday, April 20, and then the sand will be taken to the Red Lake River.

Many exciting events are planned, among them is the In the Spirit of Cinco de Mayo , April 22 and the end of the year student award ceremony, April 28. Commencement is scheduled for 10:00 on Saturday, May 7. It is going to be a busy and exciting few weeks. Please ensure if you are sponsoring or hosting events they get on the University calendar.

I hope you had the time to attend professional development activities today (Monday). These events are planned from the feedback you have given to the Employee Engagement (E2) survey. Thanks to Griffin Gillespie for coordinating a good portion of it.

We will be focussing on one of our strategic initiatives "Golden Eagle Pride, Outreach and Engagement," this summer with a task force that will be examining how we can be more intentional about creating more "spirit," at our events. If you would like to be part of this group, let Chris Winjum (cwinjum@crk.umn.edu) know by April 28.

We are still very much in the hiring mode. Please check the Human Resource [website](#) and continue to make referrals and suggestions to individuals who might be good employees. Word-of-mouth recruiting is a very effective method for recruiting employees and also students. If you know of someone who is still looking for a University next fall, let them know of the many resources available to them at the University of Minnesota Crookston. Recruiting is everyone's job, not just that of Admissions or HR.

Imagine. A river on fire. Near Cleveland Ohio in 1969, the Cuyahoga River actually caught on fire due to all the contaminants in the water. Some say the flames were as high as a five story building. Many of you may be familiar with the origins of Earth Day. If not, check out some of the impetus that created action to

clean up and protect the Earth. While progress has been made since then, there is still much work to be done. Join the events on April 19 to learn more about what you can do to help Mother Earth. Make your pledge to do something, even if it is a small step.

Be well.

Chancellor Mary

CAMPUS UPDATES

UMC Computer Help Desk

Social media is a fantastic way to communicate, share, and have fun with others; it is also a low-cost way for cyber criminals to trick and take advantage of millions of people. The April 2022 edition of the "OUCH!" newsletter covers helpful tips on how to best defend yourself from falling victim to the top three social media scams.

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- today, 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

- 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.

WELLBEING AT THE U

Wellbeing at the U SKY Campus Happiness

SKY Campus Happiness is an online breathwork, well-being and resilience training tailored for University staff and faculty at the University of Minnesota. SKY's experiential workshop includes SKY® breathwork and other breathing exercises, interactive group processes, light yoga, positive psychology, and emotional intelligence. The is a nine-hour retreat over the course of three-consecutive days. By completing this course, you will learn techniques that will significantly reduce anxiety and stress markers and earn 1,800 points towards your incentive goal. The next Sky Campus Happiness retreat costs \$75 and is scheduled for April 26-28; 4:30pm-7:30, click [here](#) to register. The Employee Wellbeing Program has a variety of upcoming programs to learn more click [here](#).

Health Services

Serenity Room, Keihle Hall, room 216, will be open 9 to 9, Monday through Friday

This room is intended to provide a calm and tranquil place that welcomes all. A place where students, faculty, and staff can come for meditation, prayer, or simply to be quiet; a place where small groups can connect and gather together, and a place that will bring about a spirit of reverence, peace and harmony to oneself. Amenities include: guest / sign-in Book, meditation cushions, yoga mats, reading lounge chairs, coloring pages and colored pencils, writing paper and pens, printed meditation techniques, soothing indoor water fountain, CD player with meditation music. For more information contact Nan Widseth, Health Services Director, widse024@crk.umn.edu

Global Programs and International Student Services

A reminder from the GPS Alliance that registration of international travel is required pursuant to per [university policy](#) for all faculty and staff. The University of Minnesota's [International Travel Registry](#) is an important tool in maintaining health and safety standards for faculty and staff traveling abroad. By registering international travel, the University is better-informed and positioned to help travelers in the event of an emergency abroad. The GPS Alliance will be contacting staff and faculty who have submitted international travel-related reimbursements for future travel (but who have not yet registered) to remind them of their obligation to register before their trip. They will also send reminders to non-compliant travelers after their travel. If you have any questions, please contact Sok Leng Tan at tans@crk.umn.edu



Earth Week, April 18 - 25, presented by Crookston Students for Sustainable Development
Check out the [Events Calendar](#) for activities around campus all week.

Rematriation; Re-storying the Land and Centering Indigenous Relationships and Leadership

Rowen White, Mohawk Nation Seedkeeper Friday, April 22 , 11-12:30

Event is free and open to anyone. Advanced registration required: [Registration Link](#)

After registering, you will receive a confirmation email containing information about joining the webinar.

Join Rowen for storytelling, inquiry, and invitation in the movement of Land and Seed Rematriation and Relational, Kin-Centric Foodways. She will share the collective vision of intercultural healing that emerges when we center Indigenous leadership, ecological knowledge, cultural memory, and sovereignty of living in relationship with the cultural inheritance of land, seeds, and other non-human kin. For more information go to the [events calendar](#).

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.

Alumni Relations

Volleyball Alumni Day, Saturday, April 23 @ 3

Alumni friends and family, as well as faculty, staff and students are welcome to cheer from the sidelines as our Volleyball alumni and the Golden Eagle women's volleyball team scrimmage. Everyone is welcome to attend the social at IC Muggs (5:30 - 8) for complimentary pizza.



Athletics

Tailgate Celebration, Saturday, April 24 @ 12

Join Golden Eagle Athletics for a game of the year as the Golden Eagle Softball team takes on Wayne State at 1 and 3p.m.. All are welcome, so come out and enjoy a fun time. There will be food and door prizes, so wear your maroon and gold. Location: Golden Eagle Softball field. For more information on other activities and events, check out the [Events Calendar](#).

Skywarn Training

Polk County Emergency Management, in conjunction with local Fire Departments and the National Weather Service, will provide a free program called SKYWARN Training (also referred to as Storm Spotter). The local training will be held from 6pm-8:30pm, April 20, Kiehl Auditorium, University of Minnesota Crookston. For more information contact Polk County Emergency Management at 218-470-8263, visit our website at www.co.polk.mn.us/EM or by emailing jody.beauchane@co.polk.mn.us