



UNIVERSITY OF MINNESOTA
CROOKSTON

CAMPUS UPDATE

#IAMCROOKSTON



Check out the new wings in the Eagles Nest painted by local artist Trey Everett. Stop for a photo and don't forget to tag @umncrookston #wingsup

NOTE: Going forward, the Campus Update will come out the first and third Monday of every month with the next updates happening September 19, October 3, October 17 and so on. Please email your info to Jess Bengtson at jessbeng@crk.umn.edu by the Friday before at noon.

LEADERSHIP LETTER

Leadership Letter

Welcome back on the first day of the 2022-23 school year. Classes start today and it's exciting to see so many friendly faces in the halls. As we fill our calendars with class schedules and events, put aside some time to get to know one another. There are many interesting people around you and it's a great time to connect.

We had a busy summer on campus with many events, camps, conferences and reunions. Our staff worked hard to accommodate hundreds of people with some guests spending the night.

This fall, I encourage you to attend athletic, music, theatre or other campus events to help boost our Golden Eagle pride.

Faculty and staff can get into athletic events free with their U-card. We also gave away many single Golden Eagle game passes at summer events. The next home game is our soccer team versus MSUM on September 9 at 4 p.m. Maroon and Gold Fridays also "officially," resumes September 9. For more information on all that is going on go to events.crk.umn.edu or check out goldeneaglesports.com for all of our athletic events.

As mentioned at the opening luncheon, let Chris Winjum know by September 7 if you have an interest in taking the American Red Cross Adult First Aid, CPR and AED training lead by Steve Krouse.

Have a good first week back and a safe Labor Day weekend.

Chancellor Mary

CAMPUS UPDATES

Human Resources

Meet with Minnesota State Retirement System Plan Representative - **September 27 from 9 a.m. to 4 p.m. in the Minnesota Room.** [Sign Up Here](#)

Leadership Development Opportunity for Supervisors

Faculty and staff members can build their leadership skills through the online [Supervisory Development Course](#), September 14 to December 7. Participants will develop and improve their leadership and supervisory skills such as feedback, coaching, conflict management, selection and hiring, onboarding, and more. Blending research-based supervisory practices with a deep understanding of the University, this course is offered by Talent Strategy in the Office of Human Resources at no cost. Supervisors who will receive a certificate upon completion.

Registration closes on August 31, 2022.

New Hires

Corey Klatt, Director of Residential Education, September 12

Corey joins the University of Minnesota Crookston with over 5 years of experience in residential life management at the University of North Dakota and Northern State University in South Dakota. Corey's most recent position at UND was Housing Operations Manager. Corey obtained his Bachelor of Arts Political Science, and History from Northern State University and his Master of Arts Adult and Higher Education from the University of South Dakota. He is also working on his Master of Public Administration from UND.

Accolades

Lecturer of Economics Rutherford Cardinal Johnson, Ph.D. has accepted the invitation of the P&A senate chair to serve as the system representative for the new Term Faculty Advisory Subcommittee, which is part of the Committee for Faculty Affairs of the University Senate. Congratulations!

WELLBEING AT THE U

The 2022-23 University Wellbeing Program year begins September 1st! Take advantage of the wide variety of engaging tools and resources your program offers for your physical, mental and financial wellbeing throughout the year. When you participate in the University Wellbeing Program you can earn points that will give you the opportunity to reduce your medical plan rates. Learn more about these opportunities through the link provided! Also, within the Virgin Pulse portal you can review the Events Calendar under the "Social" tab for upcoming wellbeing programs and classes. Access your University Wellbeing Program account at: <https://humanresources.umn.edu/wellbeingprogram>

If you have any questions about the University Wellbeing Program please email Angie Berlinger, Wellbeing Program Coordinator/ Health Coach at aberling@morris.umn.edu

Health Coaching

Health Coaching will assess your wellbeing needs, share program options and resources available, and help you set realistic wellness goals and award 250 points/meeting. In addition you can learn more about:

- Tips to eating better and how to become more physically active
- Stress management techniques
- Explore what the wellness program has to offer
- Develop an action plan to overcome your barriers to change

If you are interested in scheduling a Health Coaching appointment, contact Angie at: aberling@morris.umn.edu

SKY Campus Happiness Retreat Sept 19-21, 4:30-7:30 p.m. each day for 1,800 points.

Discover the power of the breath to alleviate anxiety/stress, and reach a meditative state of mind. Combine evidence-based breathwork with social connection, community building and experiential learning.

Registration through one of the following options:

1. Through UMN OHR (click "upcoming events", then scroll down to Sept. 19-21) <https://hr.umn.edu/>
2. Via Virgin Puse on the UMN wellbeing website (either through the wellness card, or the wellness calendar), <https://hr.umn.edu/Benefits/Wellbeing/About-Wellbeing-Program>

Group Health Coaching

Group Health Coaching presentations are free, informational sessions that provide wellbeing information on a variety of topics and earn 200 points/ session.

<https://boynton.umn.edu/patient-focus/faculty-and-staff/health-coaching/boynton-group-health-coaching>

Mark your calendar to attend the upcoming Group Health Coaching presentations!

September 7 at Noon Houseplants

September 21 at Noon University Wellbeing Program Review

EVENTS

UMN Sustainable Development Goals Initiative

The UMN Sustainable Development Goals Initiative is pleased to announce another round of the [SDG Research Grants Program](#), which awards grants of up to \$20,000 to faculty and research staff to support SDG-aligned projects. Applications are being accepted through September 30 at 4 p.m.



UMC Leadership Academy

Faculty and staff members seeking a dynamic professional development opportunity to enhance their leadership skills are encouraged to take part in the 2022-2023 UMC Leadership Academy. The program is designed to create a culture of leadership on campus by assisting faculty and staff in the development of leadership skills, capacity, and readiness and to help position them to move their programs, units, departments and the campus forward. ("leadership in place")

Visit the [Academic Affairs](#) website (under the "Professional Development" bar) for the Program Description and application. The application deadline is Sunday, September 11, 2022 at 11:59 pm.

The UMC Leadership Academy program is a result of the Employee Engagement (E2) Survey where UMC faculty and staff shared their interest for more professional development, leadership, and engagement opportunities. This program is also an important part of the UMC Strategic Plan.

*Watch for the next edition of the Torch alumni magazine coming out in September featuring alum stories from each era - Golden Eagles, Trojans and Aggies

Know a feature-worthy alum or have a story idea? Send info to jessbeng@crk.umn.edu

Athletics Updates

The Golden Eagles are in full swing for the 2022 fall season. Minnesota Crookston is on the road this week. The Golden Eagle soccer team competes Friday, September 2 at Michigan Tech at 6 p.m. C.T. The Golden Eagles will also compete Sunday, September 4 at 11 a.m. C.T. versus Northern Michigan.

The Minnesota Crookston volleyball team is in Kenosha, Wis. for four matches. The Golden Eagles play McKendree at 9 a.m., and Illinois Springfield at 3 p.m. Friday, September 2. Saturday, September 3, UMN Crookston competes against Wisconsin-Parkside at 1 p.m. and No. 23 Michigan Tech at 5 p.m.

The Golden Eagle cross country teams open up the season Friday, September 2 at the Augustana Twilight in Sioux Falls, S.D.

Here are links to follow live stats and watch the action live. Minnesota Crookston athletics will return home Friday, September 9 when the Golden Eagle soccer team plays for the Rivalry Rock against MSU Moorhead at 4 p.m.

Live Stats

Friday - [Soccer at Michigan Tech, 6 p.m.](#)

Sunday - [Soccer at Northern Michigan, 11 a.m.](#)

Live Stream

Friday - [Volleyball vs. McKendree, 9 a.m.](#)

Friday - [Volleyball vs. Illinois Springfield, 3 p.m.](#)

Friday - [Soccer at Michigan Tech, 6 p.m.](#)

Saturday - [Volleyball at Wisconsin-Parkside - 1 p.m.](#)

Saturday - [Volleyball vs. Michigan Tech - 5 p.m.](#)

Sunday - [Soccer at Northern Michigan - 11 a.m.](#)

Golden Eagle Athlete Kick-Off, Wednesday August 31

5 p.m. - whenever on the campus mall. Games, Trivia, Music! Food will be provided by Brown for all students, faculty and staff. There will also be a student vs staff kickball game, so be prepared to bring your kickin' shoes! Come on out and have a great time being a part of the Golden Eagle family!

Campus and Community Events

Golden Eagle Pride

Join UMC Teambackers and Golden Eagle Athletics and participate in the 2022-2023 Golden Eagle Sports season for free! [Golden Eagle Athletics](#), Student Affairs and [Outreach and Engagement](#) have organized a series of events and activities to accompany this year's home athletic games. Chances to win door prizes and concessions is just a little part of the fun.

Participate in Golden Eagle Pride by [volunteering your time](#) at an upcoming Golden Eagle event, becoming a [UMC Teambacker](#) and wearing your Maroon and Gold on [Maroon and Gold Fridays](#).

UMC Teambackers



The [UMC Teambackers](#) and the [Athletic Support Fund](#) encompasses several core giving programs within intercollegiate athletics at the University of Minnesota. Join us as the 2022-2023 UMC Teambacker Membership Drive is Underway! Your participation in the University of Minnesota Crookston (UMC) Teambacker Fund Drive is essential to the continued success of Golden Eagle Athletics. On behalf of approximately 250 student athletes at UMN Crookston, we would like to sincerely thank you for your past contributions. Your support has truly made a difference, [click here](#) and become a UMC Teambacker today.



Join us for the next UMC Teambacker Tailgate, Friday, September 9 @ 3p.m., Golden Eagle Soccer Pitch. Congratulations team on yesterday's victory and thanks to all who came out to cheer on the team, more than 170 guests kicked off the season wearing their maroon and gold!

UMC Teambacker Pickleball Tournament

[UMN Crookston Wellness Center, November 19 & 20](#)

Free to students, faculty and staff.

[Sign up today](#)

Community members \$20.00 per player per match.

UMC Teambackers

Contact Michelle Christopherson at mchristo@umn.edu or 763.281.8369

UMC Teambackers and Community Curling League

[UMN Crookston Wellness Center, January 11 - February 15, 2023.](#)

Six (6) weeks, Wednesdays from 6-8 p.m.

[Sign up today!](#)

Free to students, faculty and staff. Community members, \$20 per person.

**UMN Crookston and
Community Curling League**

January 11 - February 15, 2023
Crookston Sports Center
Wednesday's @ 6p.m. - 8:30



Games begin at 6:15p.m. each Wednesday for six weeks.
Round robin format, up to 8 teams. Brackets based upon number of entries.
UMN Crookston students, faculty and staff free,
all other participants \$20.00 per person.
All proceeds will benefit Golden Eagle Athletics.
Interested in giving to UMN Crookston Golden Eagle Athletics?
Log on to: z.umn.edu/goldeneagleathletics

REGISTRATION
Free to UMN Crookston students, faculty and staff
all others \$20 per player, per team

Sign up at:
<https://z.umn.edu/curling2023>
Payment Method (choose one):
Personal Check Enclosed
Make payable to the UMC Teambackers
Mail to: Michelle Christopherson, UMN Crookston
Selig Hall #20, 3900 University Avenue, Crookston, MN 55109

OR
Credit Card
VISA M/CARD DISCOVER AMERICAN EXPRESS

Card No. _____
Expiration _____ Security Code (3 digit) _____




Contact Michelle Christopherson at mchristo@umn.edu or 218.281.8369

Meals on Wheels September 19-23

Sign up and volunteer to deliver meals, there are only a few slots left.

Midweek Mingle August 31

The next Midweek Mingle social for faculty and staff will be held Wednesday, August 31 from 4-5 p.m. in the Sargeant Student Center with "mocktails" available. Stay after the social for the campus bbq (free food) at 5 p.m. celebrating Golden Eagle athletes.

Campus Services Available

The library has a "reserve" shelf where professors can keep personal books or books from the library's collection under their names so students can check out the books. Students will get assistance from a librarian and can access the books for two hours while remaining in the library. This is a great resource for students and can help save them money on textbooks. If you are interested in adding books to the reserve shelf, stop into the library or email helge333@crk.umn.edu

Photography needs? Contact Jess Bengtson for event photography at jessbeng@crk.umn.edu or Kelsey Engelstad for headshots/individual photos at petro087@crk.umn.edu

Graphic Design needs? Contact Kelsey Engelstad at petro087@crk.umn.edu

Printing needs? Contact Judy Baatz at baatz@umn.edu

Dining or catering needs? Contact Dining Services at jamie.heising@sodexo.com

Need to book a meeting room or event? Contact Brenda Bozyk with Facilities at bozy0001@crk.umn.edu

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