

June 2019



## ~ Reflections ~

*"There is no exercise better for the heart than reaching down and lifting people up." – John Holmes*

In the past year, we have worked together as CSEC President and Vice President, along with a fantastic group of dedicated people from the College, to make the workplace fun, and help people feel appreciated for their contributions. Our work, together with the other CSEC members has been a deeply fulfilling experience of joy, creativity, and fun.

Despite our daily work-life challenges, making time to devote to the Civil Service Employees Council was a rewarding decision, opening up opportunities to provide for our fellow civil service staff members here at UICOMP. Because of the efforts of all the council members, the CSEC was able to support five individuals with emergency assistance this year, donate to local charitable organizations, collect over 500 lbs. of fresh food for local pantries, and throw a fantastic celebration recognizing all the amazing work the UICOMP Civil Service Staff puts forth each day.

This month, as we both prepare to transition off the Council, we want to leave you with a request to seriously consider running for a position on the Council, perhaps as an officer. *Being a member is both personally and professionally rewarding*, through the invaluable benefit of the number of people you meet, friendships you forge, and information you learn about the College.

Don't pass by this unique opportunity to serve others and have fun investing in your workplace to make it a brighter, happier place to be! Join the team at UICOMP whose goal is to help people feel connected to the College and appreciated for all the hard work they share in their jobs.

*Thank you for the opportunity to work for you, and with you this year. We are grateful!*

With warm regards,



Kira Healey  
2017-2019 CSEC President



Meg Tomlins  
2018-2019 CSEC Vice President



### CSEC Class of 2018-2019

Michelle De Sutter  
Shannon Doerr  
Diana Farrar  
Terry Flynn  
Kira Healey  
Josefina Martinez  
Shelby Miller  
Kim Montgomery  
Christie Perry  
Marti Sokolowski  
Meg Tomlins  
Debby Tucker  
Tina VanYendoorn  
Stacey Webb  
Karen Wyman



### CSEC OFFICERS

**President:** Kira Healey,  
[kira@uic.edu](mailto:kira@uic.edu)  
**Vice-President:** Meg Tomlins,  
[mtomlins@uic.edu](mailto:mtomlins@uic.edu)  
**Treasurer:** Marti Sokolowski,  
[martisok@uic.edu](mailto:martisok@uic.edu)  
**Secretary:** Shelby Miller,  
[smille59@uic.edu](mailto:smille59@uic.edu)

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**TO GET THE NAME OF  
YOUR CSEC REP, CONTACT**

Shelby Miller, [Smille59@uic.edu](mailto:Smille59@uic.edu)



## “Thank you!” to the current members of the CSEC Council!

Each person made a unique and consistent contribution to the creativity, planning and execution of the Council’s activities this year. Thank you SO much for all that you gave of yourself and your time.

Michelle De Sutter, Shannon Doerr, Diana Farrar, Terry Flynn, Kira Healy, Josie Martinez, Shelby Miller, Christie Perry, Marti Sokolowski, Meg Tomlins, Debby Tucker, Tina VanYzendoorn, Stacey Webb and Karen Wyman

## Mmmmm.....HUNGRY?



**Don't Miss Nacho Mama's Grilled Cheese!**  
**Coming to UICOMP**  
**June 13th, 2019 from 11am—2pm**

On Thursday, June 13<sup>th</sup>, the CSEC is hosting a guest *Food Truck on campus* at the College, on the Circle Drive.

**Nacho Mama's Grilled Cheese Company** will be on-site, from 11am-2pm, offering a variety of delish items for satisfying your hunger. Please plan to stop by and pick up something to eat. A part of your purchase supports the CSEC, and its staff and community-support programs.

For a **sneak-peek**, check out their menu: <https://nachomamasgrilledcheese.com/> Thank you for your support!

**Nachos, Quesadillas, and Grilled Cheese Galore!**  
Nacho Mama's Grilled Cheese food truck coming soon!  
UICOMP at 1 Illini Drive, Peoria  
June 13th from 11 - 2  
Take a look at their full menu on their website at <https://nachomamasgrilledcheese.com/menu/>  
Offsite folks, contact your CSEC representative to place an order no later than noon on June 12, 2019.  
Don't know who your CSEC Representative is? Email Shelby Miller at [smiller59@uiuc.edu](mailto:smiller59@uiuc.edu) to find out.



## It's that time of year— to elect new members to the Civil Service Employee Council



This month we will hold elections for the CSEC, and want to let you know - the **first meeting with NEW CSEC members will be Friday, June 14<sup>th</sup> from 8-10am**. The meeting will be held in the **OSF North Building, Room 5628**. If you are elected to the Council, please plan to attend the meeting, as we will be reviewing all the Council activities, and discussing council positions (officer roles, committees) prior to appointing people at the July meeting.



(Newly elected members are encouraged to make their supervisors aware in advance of this meeting to avoid staff shortages within offices/clinics.)

All current CSEC members will be attending both the June and July 2019 meetings to support the transition to the new CSEC.

**Please watch for your CSEC ballot, and return it promptly!**



## CAN YOU FIT THIS IN?

The **2019 End-of-Year CSEC Survey** will be released within the next month and we'd like your opinions! Click on the survey link provided in a future email to answer a few questions in an online CSEC survey. Your feedback helps us focus CSEC efforts on things that matter to YOU. Please take a few minutes to "fit" this in. 😊

Thank you in advance for taking a few minutes out of your day to respond – it matters, and we appreciate it. - The CSEC

## WHO'S WHO in the CSEC

### Diana Farrar



Greetings! At UICOMP, I work as the Coordinator of the DoCS (Clinical Skills) program for M1 and M2 students. My main "job" on the Council is CSEC Focus Pages Manager, and as I enjoy putting together newsletters, I help with the Focus newsletter as well. My husband and I are "from heres"; our 2 sons were born in IL, grew up in Virginia and have married and live with their families (our 9 grandchildren!) on the east and west coasts. We moved from the midwest to the east coast (Navy and defense contractor jobs), returning after a 34-year absence to care for my husband's elderly parents. To entertain myself, I go to the occasional yard, garage, rummage or estate sale, I read (a lot) and I sing when I can, with a particular interest in Shape-Note aka Sacred Harp singing. Oh, cats are my preferred pet.

## *Fresh Food Drive - Grow a Row to Give*

**Fresh Food Drive – Thursday, June 20th in the North Building, Dept. of Emergency Medicine (1st floor).** All members of the College of Medicine are welcome to bring any/all fresh uncut fruits/vegetables to donate. Please drop off your donations ANYTIME, from morning until 2pm. (This is a change from past Fresh Food Drives, based on data! 😊)

**IF YOU HAVE A GARDEN**, please consider donating your own fruits and veggies. If you are currently planting (now that the rains have tapered!), ***please consider planting an extra row or a few extra plants***, to help produce goodies for donation all summer long.

The entire collection will be donated to the Loaves & Fish Food Pantry in downtown Peoria, for sharing with hungry families on Saturday, June 22<sup>nd</sup>.

Thank you, on behalf of CSEC and Healthy Kids U for your participation.



## *This 'N' That*

- The Community Chest is a fund that supports civil service staff members facing hardship. Nominate yourself or a co-worker by sending a request to Shelby [smille59@uic.edu](mailto:smille59@uic.edu) or Kira [kira@uic.edu](mailto:kira@uic.edu).
- Has a special co-worker helped with a project or done something special that made your day? Nominate your "Class Act" and recognize their contribution with a statement of appreciation by sending it to Shelby [smille59@uic.edu](mailto:smille59@uic.edu) for publication in this newsletter. Your co-worker will also receive a certificate sent on your behalf.
- When you buy a bag of popcorn from the CSEC, for just 50¢ a bag, you have a delicious popcorn treat AND help raise funds for a good cause!
- Donate to our Fresh Food Drive to help local residents have healthy food options.
- Volunteer opportunities will be announced in these pages throughout the year.

### Check out the CSEC Webpage:

Stop by the Civil Service Employee Council (CSEC) Webpages to see who your CSEC Representatives are, and to learn about CSEC activities at

<http://peoria.medicine.uic.edu/csec/>