

The Staff Senate Voice

March/April 2008

MSUB Staff Senate Technology Lunch and Learn:

“Word 2007 Basics”

with Rose Judge, MSUB Technology Support Specialist

Date: Friday, March 21st

Time: 12:00 – 1:00 PM

Location: College of Education, Room 417

Find out the basics of Word 2007. Topics covered include creating, editing, saving, formatting, symbols, views, tools, printing using the new “ribbons” of Office.

Seating is limited to 27. Please register early with Kelli at x2333 or email kgrantham@msubillings.edu.
NO food or drink allowed in the classroom!



MSUB Staff Senate Enrichment Series:



“Mastering Negotiation as a Life Skill”

with Simon Atkins, CEO of Advanced Forecasting Corporation

Date: Tuesday, March 25

Time: 10:00 – 11:30 AM

Location: Cisel Hall Auditorium

You may remember Simon from his time on the faculty of the MSUB College of Business, or from his uplifting philosophical Web site, “Simon Says.” Simon believes that “Negotiation is the game of life and business, the lifeblood of relationships, and a positive way of structuring the communication process.”

He’ll share his international business experiences, and ways negotiation can enhance your life.

Who Should Attend: Everyone in the MSU Billings community who is interested in increasing their vitality and confidence by enhancing their negotiating skill.

What to Expect: A lively and positive talk, with the chance to share a situation for which you’d like to have a positive outcome through negotiation.

Save the date! Tell your campus friends and colleagues! “This will be fun and potentially life-changing!”

FISH PATROL...



Watch out for members of Staff Senate on FISH! Patrol...

Staff Senate wants you to know that we appreciate your talents, participation and your hard work at MSU Billings! As a small token of thanks, members of Staff Senate will be out and about on various Fridays to see if you are wearing your "Yellowjacket Spirit Day" clothes. If we 'catch' you, you will be given the opportunity to snag a prize from our fish tank!

You never know when or where the Staff Senate FISH! Patrol will strike, so be ready. Catch the spirit; wear your Spirit clothes each and every Friday!



YELLOWJACKET SUPPORT...

UPCOMING HOME EVENTS:

<i>Date</i>	<i>Event</i>	<i>Time</i>	<i>Location</i>
March 14-16	March Madness Tournament (Men's & Women's Tennis)		
March 19	Women's Softball vs. Minot State	10:00am	Cenex Stadium
	Women's Softball vs. Great Falls	2:30pm	Cenex Stadium
March 22	Women's Softball vs. Northwest Nazarene	11:00am & 1:00pm	Cenex Stadium
March 25	Men's Baseball vs. Colorado Christian	12:00pm & 2:30pm	Pirtz Field (Stewart Park)
March 26	Men's Baseball vs. Colorado Christian	12:00pm	Pirtz Field (Stewart Park)
March 29-30	Treasure State Women's Golf Classic		
April 2	Men's Baseball vs. Dickinson State	2:00pm & 4:00pm	Pirtz Field (Stewart Park)
April 5	Men's Baseball vs. Western Oregon	1:00pm & 3:30pm	Pirtz Field (Stewart Park)
April 6	Men's Baseball vs. Western Oregon	1:00pm & 3:30pm	Pirtz Field (Stewart Park)
April 9	Men's Baseball vs. Mary	1:00pm & 3:30pm	Pirtz Field (Stewart Park)
April 19	Men's Baseball vs. Saint Martin's	1:00pm & 3:30pm	Pirtz Field (Stewart Park)
April 20	Men's Baseball vs. Saint Martin's	1:00pm & 3:30pm	Pirtz Field (Stewart Park)
April 24	Women's Softball vs. Seattle University	3:00pm & 5:00pm	Cenex Stadium
April 25	Women's Softball vs. Seattle University	1:00pm	Cenex Stadium
	Men's Baseball vs. Northwest Nazarene	1:00pm & 3:30pm	Pirtz Field (Stewart Park)
April 26	Women's Softball vs. Western Washington	12:00pm & 2:00pm	Cenex Stadium
	Men's Baseball vs. Northwest Nazarene	1:00pm & 3:30pm	Pirtz Field (Stewart Park)
April 27	Women's Softball vs. Western Washington	10:00am & 12:00pm	Cenex Stadium
May 3	Men's Baseball vs. Central Washington	1:00pm & 3:30pm	Pirtz Field (Stewart Park)
	Women's Softball vs. Central Washington	2:00pm & 4:00pm	Cenex Stadium
May 4	Men's Baseball vs. Central Washington	1:00pm & 3:30pm	Pirtz Field (Stewart Park)



The Annual **Women's Run** in downtown Billings - May 10th, 2008!
MSUB Billings will have a corporate team!

Send registration form and payment to Cindy in Employee Wellness.

Registration forms should be online by April 1.

Be sure to check that you are on the MSUB team!

We will have groups walking the 2 and 5 mile if you wish to join in!

More details to come!

BODY & MIND...

Employee Wellness Classes:

***NEW* YOGA at the COT**

Instructor: Michelle Luff
Tuesdays, 5:30-6:30pm
Location: B002
Fee: \$35 per semester

YOGA

Instructor: Michelle Luff
Wednesdays, 5:30-6:30pm
Location: Beartooth Room (SUB)
Fee: \$30 per semester

PILATES

Instructor: Becky Meisenheimer
Tuesday & Thursday, 12:10-12:40pm
Location: Main gym in the PE building
Fee: \$38 per semester

WATER AEROBICS

Instructor: Laurie Murphy
Tuesday & Thursday, 5:30-6:30pm
Location: Pool in the PE building
Fee: \$55 per semester

The first class is free to NEW students wanting to try it out!

- You can join at any time.
- Must pay in full when you start.
- Make checks payable to "MSUB Wellness" and send through campus mail to: Cindy Millard, Apsaruke Hall, Room 111

*The MSUB PE Center requires that you pay the PE facility user fee if you attend a class in the PE building. Passes are paid per semester or year. Passes can be purchased at the Rec. Center desk. This pass allows you to use all of the facility!

Questions?

Call Cindy Millard, Employee Wellness Coordinator at 896-5836.

Hope to see you in class!

• **SPRING EMPLOYEE WELLCHECK/HEALTH FAIR AT COT**

When: Tuesday, April 1st, 6:45am-9:30am

Where: College of Technology, Room B057

Free and low cost health screenings! Come and visit with a variety of health services vendors! Pre-register on line for blood work at www.montana.edu/wellness. Bring cash or check only. No other services need pre-registration

• **EMPLOYEE BLOOD PRESSURE CHECKS AVAILABLE!**

Main campus at the Student Health Center

Monday, Tuesday & Friday, 1-4pm; Wednesday & Thursday, 9-noon

• **WEIGHT WATCHERS AT WORK!**

Wednesdays, 12 noon-1pm

Location: 3rd floor conference room in the Library

Call Cindy at x5836 for more information!

- Check out the Employee Wellness Website www.montana.edu/wellness for MUS Wellness information and programs, community health related events, and healthy recipes!



Laugh For The Day For Those Who Take Life Too Seriously...

New CEO

A company, feeling it is time for a shakeup, hires a new CEO. This new boss is determined to rid the company of all slackers.

On a tour of the facilities, the CEO notices a guy leaning on a wall. The room is full of workers and he wants to let them know he means business! The CEO walks up to the guy and asks, "And how much money do you make a week?"

Undaunted, the young fellow looks at him and replies, "I make \$200 a week. Why?"

The CEO hands the guy \$200 in cash and screams, "Here's a week's pay, now GET OUT and don't come back!" Surprisingly, the guy takes the cash with a smile, says "Yes sir! Thank you, sir!" and leaves.

Feeling pretty good about his first firing, the CEO looks around the room and asks, "Does anyone want to tell me what that slacker did here?"

With a sheepish grin, one of the other workers mutters, "Pizza delivery guy from Domino's."

Taken from the Good Clean Funnies List at www.gcf.net

