



Staff CometConnection

*A monthly newsletter for Mayville State Staff
Provided by MaSU Staff Senate*

November 2020

UPCOMING EVENTS:

November 2

Happy 131st Birthday
Mayville State
&
Happy Birthday ND

November 3

Registration for Spring 2021
begins

November 9-13

National
Distance Learning Week
(see FB for updates)

November 11

Veteran's Day |
CAMPUS CLOSED

November 17

Fall Staff Association |
2:30pm | OM Theater

November 26

Thanksgiving Day |
CAMPUS CLOSED



ANNOUNCEMENTS

- Heather Johnson is now Staff Senate President, please direct any Staff Senate concerns to her via [email](#) going forward.
- We have an OPEN position on Staff Senate, if you are interested and would like to know more, please [email](#) us.
- We still have Comet Pride Buttons available at the Bookstore or Business Office!



Welcome

TO THE MAYVILLE STATE FAMILY:

Katelyn Brinkman-Eastern AHEC Director

NOVEMBER BIRTHDAYS:

7 Michelle Bye

11 Alyson Beckman

13 Mallory Angen

14 Stacy Buchl, Matthew Berglund

16 Darren Tighe

28 Stacy McGill

30 Katelyn Brinkman

HAPPY BIRTHDAY

Check out our
NEWEST
additions to
CometConnection



If there is a topic you would like to see in the newsletter, including suggestions for our **NEWEST** sections: Self-Care Corner or Comet Comforts, email us!

SELF CARE IDEAS

by mellow doodles



Read more books than tweets



Limit your consumption of bad news



Turn off your notifications



Listen to what your body needs



Plan something to look forward to



Wear clothes that make you happy (and cosy)



Say no to (& avoid) things that make you feel bad



Ask for help and advice with difficult tasks

Self-Care Corner

Favorite Podcast, Book, Netflix show, or self-care routine? Share with us and it could be featured in our “Self-Care Corner”!

Comet Comforts

Buttercup Soup

Submitted by Heather Johnson



1c lg buttercup squash, halved & seeded
3 TB butter
1 yellow onion, diced
4c chicken broth
1 tsp dried basil

1 tsp marjoram
1tsp ground pepper
1/4 tsp ground cayenne, or to taste
1 (8oz) package cream cheese, softened

1) Preheat oven to 400 degrees F (200 degrees C). Place squash cut-side down in a baking dish; fill with 1/4 inch of water.

2) Bake squash in the preheated oven until tender, about 45 minutes. 3) Heat butter in a saucepan over medium heat; cook and stir onion until tender, about 10 minutes. 4) Heat chicken broth, basil, marjoram, black pepper, and cayenne in a saucepan over medium heat. 5) Scoop flesh from squash into a blender or food processor; add onion and cream cheese. Blend mixture until smooth, working in batches if needed. Mix squash mixture into broth mixture; cook, stirring frequently, until soup is heated through but not boiling, about 5 minutes. For direct recipe, click [here](#).

STAFF SENATE INVITES YOU TO

FALL STAFF ASSOCIATION MEETING

This meeting is open to all Staff. Please join us as we discuss various topics of interest.

NOVEMBER 17, 2020 |
2:30 PM
OM THEATER

Special Speakers from ND United.

Staff Strategies

Video Conferencing: TEAMS vs. Zoom

Tuesday, November 24th
10:00-11:00 am

Bring your TEAMS & Zoom questions!

Presenter: Craig Keating

Staff Strategies Trainings are brought to you by MSU Staff Senate

All are welcome to participate in trainings



Thank you for your nominations for October's Comet Kudos. Those nominated include Sarah Gasevic, Alyson Beckman, Craig Keating, and the Staff Senate Adopt-A-Hwy Fall crew (Kayla Smith, Leah Larson, Matthew Berglund, Teresa Agnes, Amy Fuglestad, Susan Cordahl, Brittany Hagen, Jeni Peterson, Remi Herman, Alyson Beckman, & Megan Vig).

Congratulations to October's winner, Alyson Beckman!

As a friendly reminder, staff members can only win the award once per calendar year, however our calendar year has restarted. For the list of past winners, check out the [Comet Kudos page](#) on the new Staff Senate website.

To nominate a staff member that you feel should be recognized for October, use the following link:
[Comet Kudos Nomination Form](#)

MEET YOUR STAFF SENATORS

Each month we will feature one of your Staff Senators so you can get to know who represents you!

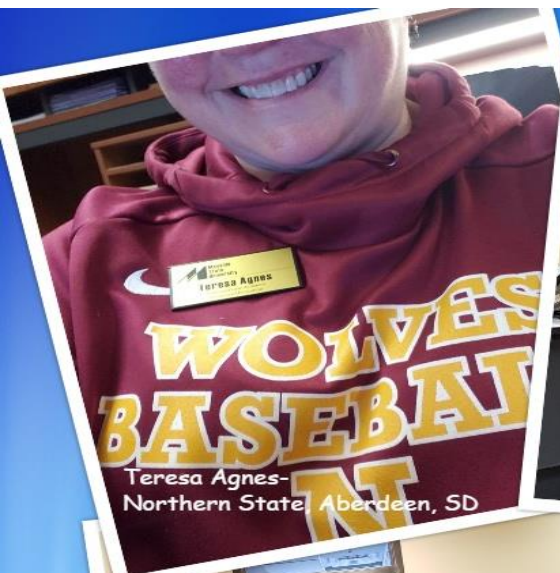
Remi Herman

Remi is a Mayville State grad and former Comet volleyball player, who earned her Master's degree from her second favorite school, the University of Minnesota – Twin Cities. She has worked in the Academic Advising Center for almost 2 years. On Staff Senate, she serves on both the Public Relations Committee and the Staff Recognition Committee. After hours, Remi helps coach the MayPort-CG Patriot Volleyball team. Remi resides in Mayville with her husband Alex, a Men's Basketball Coach here at Mayville State. When she's not at work she can be found in the stands at any home Comets game, cheering on the MN Vikings, Gophers, or re-watching her favorite show, The Office. "My favorite part of my job is right before registration opens because I get to meet with every single one of my students one-on-one to catch up, see how their semester is going, and plan their next. It's also great getting to now work alongside so many people who helped me when I was a student!"



Homecoming 2020

*Staff Senate Event Planning Committee coordinated Dress-Up Days for Homecoming.



Top Row: "Other" College Day
Bottom Row: Comet Pride Day



Best Creative Mask Day

