



UNIVERSITY OF MINNESOTA CROOKSTON  
Driven to Discover®

February 6, 2023



UNIVERSITY OF MINNESOTA  
CROOKSTON

# CAMPUS UPDATE

#IAMCROOKSTON

# LEADERSHIP LETTER

Resiliency. When I used to hear that word, what immediately came to mind was the saying of a coach many years back. “When the going gets tough, the tough get going.” There is a certain element of me that still reverts to that, but life has shown me there are times when you just can’t pull yourself up. It is ok to give yourself grace, or seek someone to talk to, or get help. Acknowledge where you are and act on it. That is my new definition of resiliency.

Our professional development day on February 20 will focus on techniques, tools and recognizing your own mental health and that of others, preventing unnecessary stress and intervention at early signs of struggle or disengagement. We will be hearing about the eight dimensions of wellbeing, resources for us as employees, among other topics.

Let me state the obvious. Winters up here are harsh and hard. A big shout out to the facilities team who unearth us every few weeks in the wee hours of the night, the food service employees who brave out to ensure mouths are fed, and to Jess Bengtson, Chris Winjum and Ryan Moe who are up with me at 3 a.m. trying to decipher weather maps and make the best decision. And thanks to each and everyone of you for showing up and making each day the best for our students.

I hope you had a chance to attend the 48th Annual Ag-Arama. What a great celebration for alumni to return and for our students to have all the elements of our beloved agricultural fairs in one day. The genesis of Ag Arama was to give the students a fun day in the middle of a long winter. It is truly a day of contests and celebration of natural resources and agriculture. I relayed a story to some of our 2020 alums while we were watching the livestock judging contest.

Ironically, it was almost as long ago as Ag Arama has been around that I won the livestock judging contest at our county fair. A nice man in charge of the contest, who later became my father-in-law, came over to me and told me although I had won and they had submitted my name already to the State Fair officials, I would not be allowed to compete. The rule stated “boys who had won their county contests, could go forward.” They would not grant an exception. It was interesting to see the reaction of the 2020 alums. They looked at me as though they could not believe that ever happened. Yet it really was not that long ago that laws and rules routinely segregated and discriminated. Unfortunately today, although most laws have been changed, many attitudes, prejudices and abuses of power do still exist. Certainly, the events of the last few weeks have illustrated this sad fact. The Preamble of the Declaration of Independence states, “We hold these truths to be self-evident, that all are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

Let’s ensure we live these tenets every day in our actions.

Stay warm.

**Chancellor Mary**

## FACULTY & STAFF UPDATES

HUMAN RESOURCES

**Ryan Engelman** was hired as the new Regional Admissions Counselor on 01/30/2023. Ryan has a Master of Arts from University of Northern Iowa and is currently working on a Master of Education from University of MN Duluth. Ryan's former job was the Assistant Director of Admissions at Luther College in Iowa.

**Debbie Ramberg** transferred from being the Store Specialist over to Facilities as the new Buildings and Grounds Worker on 01/23/2023.

**Allison Oberg** was hired as the new Farm Animal Attendant on 01/17/2023. Allison graduated from University of MN Crookston in 2020 with a Bachelor of Science in Animal Science with a Equine Science Minor. Allison's former job was working for U of M North Central Research & Outreach Center as the Farm Animal Attendant.

Current employment opportunities on the UMN Crookston campus can be found on MyU under Job Openings - Faculty/Staff or through our career landing page: [Employment | University of Minnesota Crookston \(umn.edu\)](https://employment.universityofminnesota.edu). You're encouraged to review open positions and refer qualified candidates to apply from your individual networks.

Recently advertised positions include:

[Associate Vice Chancellor of Student Affairs, Engagement & Wellness](#)

Animal Science - Tenure Track

[Forestry - Tenure Track or Lecturer](#)

Area Coordinator

## ACCOLADES

**Rachel Lundbohm** and **Craig Miller** recently held a book signing of their book "Applying Business Concepts: A Gamification Approach" at the USASBE 2023 conference in Tallahassee, Florida.

**Sok Leng Tan** was selected to serve on the search committee for Vice Provost for International Programs and Senior International Officer.

**Courtney Bergman** has joined the Veden Fellows team and will be teaching a newly designed Innovation and Creativity course for our NXT Gen initiative.

**Rachel Lundbohm** and **Teresa Spaeth** have each received a certificate of achievement for Rural Entrepreneurship Education Certification as bestowed by the United States Association for Small Business and Entrepreneurship.

## OPPORTUNITIES

Round 2 of applications for the **Driven to Discover Research Facility** at the Minnesota State Fair are now open through February 28, 2023. They invite faculty, students, and staff from the University of Minnesota, other colleges and universities, and public and private institutions, to take advantage of this unique opportunity to quickly and efficiently recruit fairgoers as participants in minimal-risk, human-subjects research at the Driven to Discover Research Facility (D2D) at the Minnesota State Fair from August 24 – September 4, 2023. Apply online at <https://redcap.ahc.umn.edu/surveys/?s=FPL7FKWAW4NAP8MY> or for more information visit <http://d2d.umn.edu/>

The **University of Minnesota Crookston Employee Advanced Degree Tuition Reimbursement Pilot Program** has been



reinstated and started January 1, 2023. It will sunset on December 31, 2025. The program is designed to increase skills and educational credentials of faculty and staff that assist in the attainment of campus strategic priorities, facilitate recruitment and retention of faculty and staff, and support a continuing culture of excellence through educational investments in UMN Crookston employees. Reimbursement, dependent on funding, programs, eligibility, and courses, of up to 75% of tuition costs is possible. The EADTR program is available to faculty and staff employees who (1) have worked at the University of Minnesota Crookston on a full-time basis for at least one academic year and (2) hold a 75 to 100 percent time, 9-month or greater appointment for the academic year in which course work has been successfully completed. For more information, reach out to [Human Resources](#).

**UMC Employee Grant Applications** are open to immediate family members of full-time UMN Crookston employees. The grant provides up to \$2,500 per year. Eligibility Criteria: (1) Must be enrolled full-time (12+ credits/semester) for full grant amount; amount will be prorated for any student less than full-time. (2) Must be a direct descendent or spouse to a current full time UMC employee; dependent up to age 26. (3) Must maintain Satisfactory Academic Progress. (4)

Application must be completed each year. Link to the form:

<https://onestop.crk.umn.edu/sites/onestop.crk.umn.edu/files/forms/UMC%20Employee%20Grant%20App%202023.pdf>

Contact Financial Aid at [umc-fa@crk.umn.edu](mailto:umc-fa@crk.umn.edu) for more information.

## CAMPUS UPDATES

### UTOC EQUINE PROGRAM UPDATE

#### Upcoming events

- Feb 11 - Dr. Morgan Pyles with the help of equine students, will be leading two horse activities for the Polk County 4-H Project Day taking place at UTOC.
- Feb 20 - the Equine Program will host an Equine Exploration Day where prospective students come to campus and explore the equine program. Including information sessions, hands-on activities, and Q&A with current students.
- March 1 - Region 1 FFA Horse Judging Contest will take place in the UTOC Arena
- March 4-5 - The equestrian team will host a home Hunt Seat Equestrian Show

Spring is an exciting time for the Equine Program with the anticipated arrival of foals! In addition to foaling out 6 mares this spring, Dr. Morgan Pyles will be conducting a research study investigating the short-term effects of concentrate feeding on mare milk composition. This study, a collaboration with Dr. Leslie Lekatz and honor's student Izabell Gerbracht, will involve feeding mares a morning meal of grain then collecting milk samples throughout the day to evaluate changes in nutrient composition. Understanding factors influencing mare milk is important in the management of broodmares to optimize foal growth and development with the ultimate goal of producing successful athletes.

### EXERCISE IS MEDICINE UPDATE

February has been declared Exercise is Medicine – On Campus (EIM-OC) Month! What is Exercise is Medicine – On Campus? Exercise is Medicine® On Campus (EIM-OC) calls upon universities and colleges to promote physical activity as a vital sign of health. EIM-OC encourages faculty, staff and students to work together toward improving the health and well-being of the campus community by:

- Making movement a part of the daily campus culture
- Assessing physical activity at every student health visit

- Providing students with the tools necessary to strengthen healthy physical activity habits that can last a lifetime
- Connecting university health care providers with university health fitness specialists to provide a referral system for exercise prescription.

UMC is proud to be an EIM campus! Move Golden Eagles!

**All:** Free cross-country skis, skates, and snowshoe rentals during February! Go to the information desk and get outside!

**Students:** See the Wellness Center for fitness challenges w/ great prizes!

UMN Crookston has partnered with Polk County Public Health and Winter Fitness Fever. Several events are planned over the month of February. February 5 was Winter Fest at Fertile Sandhills, Agassiz Environmental Learning Center. Sunday, February 12 is Sledding Day at Central Park Hill in Crookston (Crookston Pool Parking Lot) Bonfire and outdoor fun! Sunday, February 19 is the Detroit Mountain area ski trip hosted by International Program and Res Life plus there's free ice skating at Crookston Sports Center (various skate sizes available), Fosston Outdoor Rink (free rentals available), and at East Grand Forks Civic Center with various times. Sunday, February 26 there will be pickleball and indoor fun and the UMN Crookston Wellness Center.

### ALUMNI RELATIONS UPDATE

Did you know that all of our alumni socials are open to faculty and staff? You are welcome to attend this month's socials and any future events we host. Upcoming events include:

- Alumni Basketball Weekend February 10 and 11 with a post-game social Feb. 11 at 6:30 p.m. at I.C. Muggs

- Arizona Social and Brew Bash: February 17 and 18 in Mesa, Ariz. and Phoenix, Ariz. The Arizona Social will be held Feb. 17 from 11 a.m. to 3 p.m. at Apache Wells Country Club in Mesa. The Brew Bash will be held Feb. 18 from 4-6 p.m. at Elevated Seltzer & Taproom in Phoenix. Interested in attending? RSVP to Angelika Huglen at ahuglen@crk.umn.edu, stop by the Alumni Office or call 218-281-8401.

Alumni can also access this free online entrepreneur and emerging small business owners four-week course February 20-March 17 - Learn more and register here by Feb.

15 [https://docs.google.com/document/d/1CXW9d\\_I5JZ1pifyp1DbIfhz1J6sROjc-AT11QPKsc/edit](https://docs.google.com/document/d/1CXW9d_I5JZ1pifyp1DbIfhz1J6sROjc-AT11QPKsc/edit)

### FACILITIES UPDATE

Tuesday, February 6 and Wednesday, February 7 the heating plant will be conducting testing. During the testing excess steam will be coming from the building and it may result in additional noise on campus. This is normal during the testing that is being conducted. Testing will be done from 7 a.m. to 5 p.m.

### RESEARCH STUDY

Eddie Walker, associate professor of Sport and Recreation Management, and Tasha Achermann, an undergraduate honors student working on her final project, are requesting assistance. They are assessing perceptions of how government officials and other organizations have handled the COVID-19 pandemic over the past two years. They are also evaluating perceptions related to the access all citizens have to the COVID-19 vaccines as well as the impact the pandemic has had on different communities.

They are asking for your assistance by completing a brief survey. The survey is available online and will take approximately 10 minutes for you to complete. [https://umn.qualtrics.com/jfe/form/SV\\_9BqDf6MQvIAa77U](https://umn.qualtrics.com/jfe/form/SV_9BqDf6MQvIAa77U)  
If you have any questions or concerns before you choose to participate in this research, please contact Eddie Walker at 218.281.8251 or [walke810@umn.edu](mailto:walke810@umn.edu).

## ATHLETICS UPDATE

The UMN Crookston hockey team is set for their second-consecutive WCCHA Tournament February 10-12 at the NSC Super Rink in Blaine, Minn. The Golden Eagles will open up play February 10 at 8 p.m. against the University of Minnesota ACHA squad. The winner will move on to compete February 11 at 5 p.m., while the loser will go into the consolation bracket and play February 11 at 5:30 p.m.

WCCHA Tournament games are \$8 for the general public/adults, \$5 for youth/students with a college/high school ID. 13 and under get free admission. The first round is streamed on livebarn.com. You can find the game by searching NSC Super Rink. The Golden Eagles are playing on rink 1. The semifinals and finals can be streamed on the [WCCHA Youtube Channel](#)

The Minnesota Crookston men's and women's basketball teams are home this weekend. Friday, the Golden Eagles play Minnesota State University Moorhead, with the men tipping off at 5:30 p.m. and the women at 7:30 p.m. Saturday, it is Senior Day, with the Golden Eagles taking on Northern State University. The men tip off at 3:30 p.m., and the women at 5:30 p.m. It is also our Alumni Weekend for basketball. Be sure to greet any alumni you see on campus this weekend!

The Golden Eagle equestrian team continues NCEA action on the road this weekend. UMN Crookston faces off with South Dakota State University Friday and Delaware University Saturday in Brookings, S.D.

The Minnesota Crookston tennis team is home at Choice Health & Fitness in Grand Forks, N.D., against the University of Minnesota Morris Friday at 4:30 p.m., and Saturday they host Bemidji State University at 10:30 a.m.

## OUTREACH & ENGAGEMENT

Golden Eagle Golf 2-person Scramble - [Sign up](#) today.

Curling every Wednesday @ 6 p.m. @ Crookston Sports Center. Join in the fun, it is free to all!

# WELLBEING AT THE U



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](mailto:aberling@morris.umn.edu)

### **Biometric Health Screening- \*Rescheduled to April!**

\*Onsite Biometric Health Screening - The Biometric Health Screening is rescheduled for Wednesday, April 5 at UMC in Bede Ballroom. Gain a better understanding of your health and earn 1,000 points for the 2022-23 University Wellbeing Program. Tests offered include the following: fasting cholesterol & blood glucose testing, body mass index & body composition testing, and blood pressure. To schedule an appointment, visit the Boynton Health website at: <https://z.umn.edu/biometrichealthscreening>

During cold and flu season, remember to wash your hands, carry hand sanitizer, and look into resources for disease prevention. Try to keep your work areas tidy and, if you are in need of cleaning wipes or hand sanitizer, please submit a request to Facilities.

[https://docs.google.com/forms/d/e/1FAIpQLSdqfC4M8nmtpgVvuzGUFw7j\\_2JtC17mprfRpypPqZUOgbHA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdqfC4M8nmtpgVvuzGUFw7j_2JtC17mprfRpypPqZUOgbHA/viewform)

## EVENTS

**UMN Crookston and Community Curling League** runs through February 15 on Wednesdays from 6-8:30 p.m. at the Crookston Sports Center - sign up at <z.umn.edu/curling2023>

**Alumni Basketball Weekend** will be held February 10-11, 2023. Alumni are invited to the men's and women's games vs. MSUM Friday starting at 5:30 p.m. On Saturday, the schedule includes a welcome with coaches at the Sports Center at 11:30 a.m., men's basketball shoot-around at noon in Lysaker Gymnasium, men's basketball game vs. Northern State at 3:30 p.m. with an introduction of alumni at half-time plus a men's lightning game, and women's game vs. Northern State at 5:30 p.m. with an introduction of alumni at half-time plus a women's lightning game. Post game social will be held at 6:30 p.m. at I.C. Muggs with all alumni, family, friends, Teambackers, faculty, and staff invited.

**Dr. Christopher Mechell** will be giving a number of presentations open to all faculty and staff on topics such as File Management Best Practices and Gmail, and Google Drive Document Organization and Search Functions. Mechell is an academic technologist in the IT department. Presentations will be held Tuesday, February 14 from 2-4 p.m. and Wednesday, February 15 from 2:30-4:30 p.m. in Dowell 208. For more information, email [mech0018@crk.umn.edu](mailto:mech0018@crk.umn.edu)

**NACTA car washes** are held Tuesdays from 8 a.m. to noon, and Thursdays from 12-2 p.m. in the Kiser Building now through April 6. Cost is \$45 for full exterior, interior detailing with wax. All proceeds fund students' trip to California to compete in the NACTA judging conference. For more info or to schedule a car wash email Ben Olander at [oland064@crk.umn.edu](mailto:oland064@crk.umn.edu)

**Mano Amiga Business Program** - FREE 4-week online entrepreneur training course offered in both English and Spanish designed specifically for Latinx entrepreneurs and emerging small business owners. Upcoming course dates are from February 20-March 17, 2023 and from April 17-May 12, 2023. Register for the February course at <https://forms.gle/F8m7bTCEK4TjxtSp6> or register for the April course at <https://forms.gle/ZhuLotZD5jpum6Un8>. For more information, contact Rachel Lundbohm at [rlundboh@crk.umn.edu](mailto:rlundboh@crk.umn.edu).

**Faculty expertise showcase event** will be held March 2 from 12-2 p.m. in Bede Ballroom with faculty from all four departments presenting posters in their respective fields of expertise. The event is open to all and parking is free.

The **Northwest Private Industry Council** is dedicated to our area businesses and the workforce. Aligned with this

commitment, they would like to invite you to attend an upcoming training opportunity - “Human Centered Economic Development” on March 2 from 10 a.m. to 3 p.m. at the Legacy Event Center in Thief River Falls. Kelly Asche, research associate for the Center for Rural Policy and Development, will share realities of demographic shifts and growth rates as it relates to our communities. There is no registration fee for this event. Register at <https://www.eventbrite.com/e/human-centered-economic-development-tickets-515016035827> or by contacting the Northwest Private Industry Council’s Executive Director Janelle at [jwaldkovar@nwpic.net](mailto:jwaldkovar@nwpic.net) or 218-683-8074 to R.S.V.P. Space is limited.



**Don't forget to submit your events to the online calendar <https://events.crk.umn.edu/>**

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