Dear Governors
State University
Civil Service
Employees,

I am honored to have recently been elected President of the Governors State University Civil Service Senate. On behalf of the State Universities Civil Service System, I pledge my support to all civil service staff and to the mission and vision of this public university.

I would like to thank the former CS President, Kathy Miller, for her six years of service and dedication. She has done a wonderful job providing support, coordinating events and thankfully remains an active member of the Civil Service Senate.

I encourage all civil service staff to join the senate and get involved whenever possible. Your suggestions and comments are valued as communication and collaboration are essential in order to evolve.

Together we serve as the backbone of this University, and our existence provides services to thousands of students across Illinois.

Whether working up front or behind the scenes at GSU, we are helping students get an education and in that we can be proud.

Sincerely,
Laura Owens
CIVIL SERVICE SENATE: NEW OFFICERS

The Civil Service Senate held officer elections recently. The new officers are:

President, Laura Owens
Vice President, Sheryl Jones-Harper
Recording Secretary, Lynne Clayton
Financial Secretary, Joyce Giroux

Congratulations!

INVITATION

The Civil Service Senate of Governors State University cordially invites the Civil Service Council/Senate members of the Illinois public universities to attend the 12th Annual Council of Councils. GSU will be hosting the 2010 Council of Councils on Friday, October 22, 2010 in the Hall of Honors from 8:00 am until 4:00 pm. Please check the website for updated information: www.govst.edu/coc.

Registration Deadline: Friday, September 24, 2010
-Tiffani Malvin

NEW LOOK FOR SCHOLARSHIP

“Times, they are a changin’!” New semester, new entryway, new Civil Service president, new rules from the State of Illinois, new name for Civil Service scholarship! Yes, we have a new name for Civil Service Senate assistance for our employees and their families. It is now known as... The Civil Service Education Assistance Award!

The award was established to encourage GSU Civil Service employees, spouses, and dependent children to further their education and promote career advancement and self-improvement. The award is underwritten through contributions and fundraising activities by the Civil Service Senate. New name, but same assistance and commitment to all our employees. So, if you are eligible to apply, do not hesitate. We love being able to help our fellow Civil Service employees and their families!
-Lynne Clayton

The Civil Service Educational Assistance Award
CIVIL SERVICE SENATE: MISSION STATEMENT

The Civil Service Senate works to promote scholarship and morale and protects the rights and benefits of the civil service constituency.

The Civil Service Senate helps promote:

- Quality Instruction and Scholarship by helping to create a positive University experience for students by supporting civil service employee continuing education through scholarships.
- Innovation and Improved Productivity by promoting a positive work environment through morale building events. This helps to create efficiency through increased productivity.
- Enhanced Collaboration and Partnerships by encouraging unity through special events and collaborative efforts with students, faculty, community, and staff.

CIVIL SERVICE SENATE: OUR PURPOSE

The Senate shall recommend policies and procedures concerning Civil Service affairs, evaluations, salary, merit, Civil Service education and development, Civil Service governance, grievances, and campus physical resources. The Civil Service Senate shall advise on the specific decisions which may be made under any of these policies and procedures in a manner which shall be set forth in the by-laws of the Civil Service Senate. This advisement shall be limited to those decisions not specifically covered or stipulated by a ratified Civil Service union agreement and those not in the process of bargaining.

SENATORS AND OFFICERS

Executive Officers:

President: Laura Owens
Vice President: Sheryl Jones-Harper
Corresponding Secretary: Tiffani Malvin
Recording Secretary: Lynne Clayton (Scholarship Committee Chair)
Financial Secretary: Joyce Giroux

Senators:
Marlene Lees (CS Newsletter)
Kathy Miller (ex-officio)
Eric Nicholson (Governance Committee Chair)
Renee Rainey (Affairs Committee Chair)
Paula Cosenza
Andrea Dal Polo
Raymond Foster
Shelina Jenkins
Sandi Kawanna

Bill Kelly
Gina Ragland
Crystal Richards
Raquel Rios-Aguirre
Kelly Robinson
Pat Smith
Karen Sinwelski
Karen Stuenkel
Pam Taylor
Cynthia Woodard

EAC Representative—Non-voting Ex Officio:
Maureen Bendoraitis

Correction:

Apologies to Pulchratia Kinney-Smith for the error in the Jun, 2010 Volume 1 Issue 1 of the CS Review listing her as a Civil Service Senator. Pulchratia is an invited guest at the Civil Service Senate meetings. Many thanks Pulchratia for calling it to my attention,

-Marlene Lees.
By the invitation from then Civil Service Senate President LouElla Rozier, in December of 1996 several civil service senate/council members from Northern Illinois University (NIU) and Chicago State University (CSU) were asked to attend the Civil Service Day program and luncheon at Governors State University (GSU).

After the program and luncheon ended, the GSU, NIU, and CSU council/senate members who remained participated in an open and lengthy discussion about the pros and cons of working at each university. The discussion included concerns such as the current state of affairs in the State of Illinois, benefits offered to current and retired employees, and they also shared many other important pieces of information among them.

The participants felt the discussion had been very rewarding and beneficial. They thought it would be a great idea to network and share knowledge on an annual basis. It was then that they all came up with the thought to invite all senate/council members from all of the twelve state universities to meet on an annual basis so everyone would be able to experience what they had just experienced.

In October of 1997, less than one year later the NIU Operating Staff Council under the leadership of Andy Small moved forward to host what became “The 1st Annual Council of Councils.” Since that time the Council of Councils has met yearly with the exception of 2008 when the Council of Councils was not held.

The agenda varies from university to university but the information that is provided is always timely, current, and issues of concern to all state employees. Each Council of Councils meeting includes guest speakers who can address our concerns and answer our questions, such as Tom Morelock and his staff. Tom is the Executive Director of the State Universities Civil Service System. Also often requested to speak is Linda Brookhart, Executive Director of the State Universities Annuitant Association. It is not uncommon to see state legislators as guest speakers. Top level university administrators often provide great insight and will generally be available to welcome all the guests.

Fast forward to 2010 and GSU has the pleasure to host the 12th Annual Council of Councils on Friday, October 22, 2010. The entire Civil Service Senate looks forward to represent civil service employees at this annual event.

GSU Civil Service Senate Members

Kathy Miller, Council of Councils Co-Chair
Karen Sinwelski, Council of Councils Co-Chair
Renee Rainey, our own Civil Service Senator, and Affairs Committee Chair has been honored as Employee of the Month September, 2010

Renee “is one of those employees who ... does so much to increase and uplift the spirits of the GSU community”. Congratulations, Renee, from all of us.
THE PICNIC

To include.....

All of GSU

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CINNAMON...
“Cinnamon usage can be traced back almost three thousand years to the ancient Chinese medicine which is known as kwai. Even during medieval times, physicians of the period used it as a mixture to treat sore throats, coughs, and a range of infections. This was probably because cinnamon was found to contain antibacterial and anti-inflammatory properties, therefore also helpful in the treatment of joint and muscle pain. Cinnamon oil is also widely used in aromatherapy as it is said to stimulate the senses - great for treating anxiety and stress. As well as being an important component in immune system health, it is very good at treating the early stages of fever or flu. An unconventional use of the oil is as an emotional and physical stimulant, with libido enhancement believed to be one of the benefits.

Some medical studies have shown that the aroma of cinnamon could reduce problems such as irritability, drowsiness and pain, including migraine and headache pains. Other research has looked into the positive effects cinnamon has on tight muscle relief, painful joint relief but more especially, menstrual cramp relief in women.

Some of the other supposed health benefits afforded to cinnamon are as follows:
- It aids in blood anti-clotting.
- Adding half a teaspoon of cinnamon to the daily diet lowers instances of cholesterol.
- One particular piece of research was able to show that cinnamon could reduce the propagation of lymphoma and leukemia cancer cells.
- Cinnamon can combat the E. coli bacteria in juice drinks that are unpasteurized.
- Cinnamon aids in diabetes as it could have a regulatory effect on blood sugar levels. It acts as a natural food preservative by preventing bacterial infection.

The list goes on and on but one thing is for sure, cinnamon has countless benefits for well-being and health and if taken with a healthy diet can aid in the improvement of life quality.”