

Contents:

Page 1—Spirit Week 2020
Page 2—Pat on the Back
Page 3—Pat on the Back...continued
Page 4—Campus Updates
Page 5—Staff Senate Scholarship

Page 5—Campus Calendar
Page 6—Campus Wellness
Page 7—Campus Wellness Cont.
Page 7—Staff Senate Reminders

Spirit Week 2020

We have Spirit Yes We Do!!

While COVID may have altered, postponed or cancelled events on campus, one thing that remains constant is the Oredigger Spirit!

A traditional Homecoming week, usually held in October and ending with enthusiastic football, basketball or volleyball games, seemed destined to be another casualty of the COVID pandemic until the students and staff at Montana Tech came together and developed Spirit Week 2020. Taking elements from activities already canceled or postponed and adding events that will hopefully become a new tradition, Montana Tech celebrated its inaugural Spirit Week October 5 through October 11, 2020.

The week began with the traditional mural painting in the Student Union Building by student clubs and organizations. An added feature was a virtual Spirit Week parade with entries from Student Clubs, Departments and Staff Senate. (Thank you Scott Forthofer for collecting the photos and compiling a fun video.)



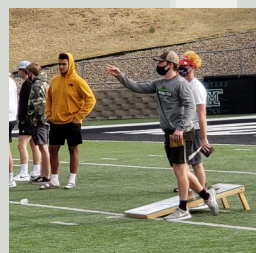
Build a Bear, a popular student activity during the Christmas Stroll, made the transition to Spirit Week this year with record numbers. Of course the ability to have the event outside in warmer weather was a big plus!



The local elementary schools outdid themselves with Charlie Oredigger “Graduation Matters” posters displayed throughout the Student Union Building.



The week’s festivities ended Saturday with a fun and competitive Corn Hole Tournament with prizes going to the 1st, 2nd and 3rd place teams.



Thank you to our sponsors Granite Mountain Bank, Horizon Credit Union, 5518 Designs, and Joe Sommers '74.

Pat On the Back

Pat on the Back recognizes individual staff members and/or teams who have performed beyond expectation, making exceptional efforts toward achieving the mission of Montana Tech.

Submit here: https://www.mtech.edu/app/staff_senate/Nominate.aspx

Mark Armstrong, Administrative Associate

Mail and Copy Center

Staff Senate Congratulates Mark Armstrong for being nominated by one of his co-workers to



receive the Pat on the Back award. Mark is the Mail and Copy Center's Administrative Associate and has been working at Montana Tech for the past 7 years. He takes pride in his work and the efficiency that he has been

able to bring to the copy center over the years.

Beyond the work itself, Mark enjoys getting to know the students. His job at the Copy Center gives him the opportunity of meeting people from all over the world and learning of their interesting and diverse experiences. He has learned that students are willing to share with those willing to listen which goes right along with his personal moto "Be open to diversity and you will have a gateway to the world."

Kim Roberts, Team Leader

Mail and Copy Center

Staff Senate Congratulates Kim Roberts, Team Leader of the Mail and Copy Center on being nominated to receive the Staff Senate Pat on the Back award. In August 2020, Kim completed her 27th year of

employment at Montana Tech. She is truly an asset to the Copy/Mail Center and to the entire campus. She enjoys meeting the students, staff and faculty and helping them with their



mailings. She particularly enjoys meeting and working with the students and watching as they grow and mature from their first day on campus as freshmen to the day they bid her good-bye on the way to graduation. Her proudest moment at Montana Tech was having her family in attendance when she received her award for 25 years of dedicated service to Montana Tech. Kim likes to stay active and partakes in the wellness programs where she has also been known to teach a few classes. In her off-time she loves to go camping with her husband and hang out with her family, especially her grandchildren.

Pat On the Back...continued

Cal Snow, Computer Support Specialist

Information Technology



Congratulations Cal!

Cal has worked at Montana Tech since he first enrolled in August 2009. Shortly after graduating in 2014, Cal was hired as a Computer Support Specialist. He will celebrate his 6th year of employment with Montana Tech this coming December. He currently supports administration which includes all non-teaching departments on campus. Cal enjoys his job and the campus community and can't imagine a better place to work. He is the father of 3 boys, Calvin 20, Corbyn 10 and Bodhi 5.

Cal's proudest moment related to campus was when his son Calvin, who is in his second year in the OSHA program made the Dean's List. Cal's wife Jenna joined the Montana Tech family this past July when she accepted a position in Financial Aid. When he isn't on campus, Cal enjoys college football, golf, motorcycles and hanging out with his family.

Layne Sessions, Director

Physical Facilities



Congratulations Layne!

Layne has worked in facilities management positions for the last 34 years. He became the Director of Physical Facilities for the Montana Technological University campus 8 months ago.

He is married with four grown and married children. His 4 grandsons and 3 granddaughters range in age from 3 weeks to 8 years old.

He enjoys the tight knit campus community and working with all the fine faculty and staff members to provide a quality and rewarding educational experience to our students. He particularly appreciates that Montana Tech personnel are compassionate, engaging, and committed to the success of this University and to the success of our students.

CAMPUS UPDATES

Have you noticed all of the facilities project on campus?

Facilities Director, Layne Sessions, shared with Staff Senate many of the completed and ongoing projects.

- Campus Concrete Repairs: sidewalk repairs along Montrose Avenue above Leonard Field, the sidewalks south and east of the Chancellor Residence, and the south entrances 1st and 2nd floor of MG.
- Asphalt Maintenance: Crack fill and seal coat in 10 campus parking lots (North Campus and Highlands), the Tier parking lots, and Montrose Ave.
- Parking lot striping and curb painting: Re-stripe 12 parking lots around campus and updated curb painting.
- Paving: portion of Park Street through campus.
- Sprinkler System Installation: 6 locations throughout campus.
- Dead Tree Removal: 9 dead trees removed across campus.
- Library Auditorium Renovation: Updated flooring and seating.
- Reed House Exterior Renovation: window repair, painting, and roof repair.
- Roof repairs: Library, Library Auditorium, and SUB.
- HPER: Gymnasium lighting upgrade to LED, updated flooring, and locker room paint.

- Heating system repairs: MG.
- ELC: replacement of return air fan unit and replacement of circulation pump and motor.
- S&E: upgraded flooring and exterior painting.
- Main Hall: replaced exterior entrance door.
- NRRC: exhaust fan installation.
- Steam Condensate return line replacement.
- Upgrades to campus housing:
 - Coverdale House: 1st floor renovations following winter water damage and exterior painting,
 - Prospector Hall: upgraded flooring,
 - Centennial Hall: boiler repairs,
 - Green Apartments: new furnaces, exterior staircase replaced, and renovations to two other campus apartments due to Fall 2018 fire damage.

Keep an eye out for future projects, including more upgrades to flooring in areas on campus and more concrete repairs.

Facilities projects are paid out of the plant/auxiliary funds, deferred maintenance, or state funds as part of a long range building plan process.

Thank you to Layne and his team for all of their hard work on these repairs and keeping our campus safe!

REMINDER – OREDIGGER RX PLEDGE – HELP KEEP OUR CAMPUS HEALTHY

Visit <https://www.mtech.edu/orediggerrx/index.html> for more information about Montana Tech's response to COVID-19. For Montana Tech's official face coverings statement, please see the email from Human Resource Director, Vanessa Van Dyk, or contact her for a copy.

Departments with public-facing office spaces **must** post signage indicating that individuals aged five and over must wear a face covering while inside the office space. It is recommended that those departments provide disposable face masks for visitors that don't have one. Signage can be downloaded at <https://www.mtech.edu/orediggerrx/signage.html>.

Pam Hogart Staff Senate Memorial Scholarship

Now Accepting Applications for Spring 2021

Montana Tech Staff Senate is now accepting applications for the **Pam Hogart Staff Senate Memorial Scholarship**, which will benefit a Montana Tech Staff or a dependent of a staff member this Spring 2021 semester. The scholarship name honors Pam Hogart, who was previously a Staff Senate member and dedicated to helping students, staff, faculty, and other customers through her work at the Business Office.

Staff Senate raised funds this year and hopes to continue fundraising to support this scholarship with the goal to offer at least one scholarship per academic year. The intent is to help staff who wish to broaden their knowledge or skills and/or help a staff member's dependent full-time student defray costs of attendance.

More information and the scholarship application are available at <https://www.mtech.edu/facultystaff/staffsenate/scholarship/index.html>. **Application deadline is 5:00 PM on December 15th, 2020.**

For questions please contact: Angela Stillwagon
406-496-4843 astillwagon@mtech.edu

Scholarship Fundraising Update

The Pam Hogart Staff Senate Memorial Scholarship raised \$755 during the Montana Tech **Day One** Event. We want to thank everyone who contributed.

We awarded our first scholarship this Fall semester and look forward to being able to continue offering at least one scholarship for the next several semesters. We couldn't do this without the kindness and generosity of all who donated. It is exciting to watch this fund continue growing!

Our fall raffle is wrapping up with prize drawing on November 17th. Watch for details in our next newsletter.

CALENDAR OF EVENTS

October 26 – Spring 2021 Class Registration Began

November 11 – Veteran's Day Holiday—offices closed, no classes held

November 18-24 – Semester Exams

November 26 & 27 – Thanksgiving Holiday—offices closed, no classes held

December 15 – Pam Hogart Memorial Scholarship Deadline for Spring 2021

December 25 – Holiday—offices closed

January 1 – Holiday—offices closed

January 4 – Spring 2021 semester begins

CAMPUS WELLNESS

What's for supper?!

BY Staff Senator and Campus Wellness Champion, Debbie Luft

Many of us are trying to find ways to live a healthier lifestyle, to include eating more of what are considered to be healthier, more nutritionally dense, foods. Personally, I have the hardest time with eating more fruits and vegetables. It isn't that I don't like them altogether, they just aren't my 'go-to' foods and I only know how to cook a few of them, and in only one or two ways. They get boring.

So a few years ago, I embarked on a food experiment. For 3 months, I committed to eating a lower carb diet, and to trying new recipes using fruits and vegetables. I told myself, "You can do anything for 3 months." By committing to going lower carb, it forced me to focus more on the vegetable sides and less on the carbohydrate heavy sides. One of the vegetables I tried during that time was collard greens. I know that face you are making right now... but I was surprised at how much I liked them - this time. I had only had collard greens one other time in my life.

Years ago, I was working briefly in North Carolina eating out every meal. On the menu was collard greens. So, I figured, if I was ever going to try collard greens, the American South seemed like a good place. They know how to cook them, right? I asked the server about them, and how to best eat them, since I was from Montana. She said she was originally from Ohio, but that the locals ate them with either vinegar or butter. I thought butter would be best, but as it turns out, the vinegar made the greens more palatable.

The first time I tried them, I was not a fan, to say the least. Too squishy! My purposeful experimentation period changed that for me. I had tried a couple different recipes for collard greens, which local stores do often carry. They

turned out delicious both times. The key was they were not squishy.

These recipes taught me to only cook them to somewhere between lightly wilted and wilted. Do not cook them until they become mushy. The collard greens do have a stronger flavor and chewier texture than spinach, but that is ultimately what made me like them, and I am one of those who sometimes has issues with texture in foods. Below is one of the recipes I made.

Verjus (vair-ZHOO) is a juice from tart, unripe wine grapes. Rouge is, as you might guess, red. I used lard to sauté for added flavor. Many shelf stable brands of lard in the store are filled with preservatives, so if that is an issue for you, consider organic or at least preservative free.

The good thing about experimenting with fresh vegetables is that they are relatively affordable. You can afford to try something new, and keep or discard the recipe. I do recommend trying a couple different recipes though before you decide you don't like a veggie. You may not like it the first time, but the second time, in a new recipe, you just might. Once you get used to the collard greens, feel free to use whatever fat/oil you like and whatever seasonings.

One variation of the recipe below I used had pickled jalapeños instead of crushed red pepper flakes and skipped the garlic and verjus. It was good too.

**Try this recipe on
page 7.**



Collard Greens with Pepper Flakes and Garlic

- 1 bunch collard greens
- 2 teaspoons of lard (or any fat/oil that is good for medium to high heat; if your pan is not non-stick you may need more lard/oil)
- 1 clove garlic
- 1 tablespoon verjus rouge (Vermouth, white vinegar, lemon juice, and white wine are all good substitutes.
Note: If you use a substitute, the flavor could be ever so slightly different, but still good. Experiment.)
- ¼ teaspoon crushed red pepper flakes
- Salt and pepper
- ¾ cup water

Wash and dry the collard greens. Peel and chop the garlic. I like mine minced, but you might like it chopped more coarsely. Remove and do not use the stems of the collard greens; thin slice the leaves ¼ to ½ inch wide strips. The thinner they are the quicker they will wilt when cooked.

In a medium sized frying pan (preferably non-stick) heat the 2 teaspoons of lard (or other fat/oil) on medium-high heat just until it starts to shimmer (spreads out, gets shinier, and kind of ripples.) Add the chopped garlic and cook, stirring frequently, for 30 seconds to 1 minute until slightly soft and fragrant. Add the cut collard green leaves and as much of the red pepper flakes as you like. If you aren't sure how spicy you like it, start out with a smaller amount. Sprinkle with salt and pepper to taste. Cook, stirring occasionally, 2-3 minutes or until the greens are slightly softened. Add the verjus and the ¾ cup of water. Loosely cover the pan and cook, stirring occasionally 10-12 minutes or until the greens are softened (but not slimy or mushy) and the liquid has cooked off. Use aluminum foil if your frying pan doesn't have a lid that you can use to cover the pan loosely. Finish with additional salt and pepper if you like.

REMINDERS

Ask the Senate

As an advisory group to the Chancellor, the Staff Senate recommends policies or changes to policies for consideration by the Chancellor and facilitates effective communication between Montana Tech administration and staff. Please use this forum as a neutral conduit to share your ideas, concerns, and ask questions about Montana Tech issues. The Staff Senate will forward each submission to the appropriate department for response and share the information on the Staff Senate webpage. We hope to hear from you!

Submit here:

https://www.mtech.edu/app/staff_senate/AskSenate.aspx

Staff Senators 2020/2021

President

Casey Vanatta

Vice President

Kinsley Rafish

Secretary

Denise Herman

Treasurer

Peggy McCoy

Marcia Lubick

Debbie Luft

Sean Ryan

Tristan Sewell

Trisha Southergill

Kathy Stevens

Angela Stillwagon

Kramer Ungaretti

Montana Tech's Staff Senate along with the Chancellor's office hosts a Luncheon Learning Series highlighting different subjects of interest to the staff.

MontanaTech
STAFF SENATE

LUNCHEON
LEARNING
SERIES

Pat on the Back recognizes individual staff members and/or teams who have performed beyond expectation, making exceptional efforts toward achieving the mission of Montana Tech.

Submit here:

https://www.mtech.edu/app/staff_senate/Nominate.aspx