

FEB 2024

RECREATION NEWS

Official Newsletter of UB Recreation



REC Student Staff Spotlight Series

FRANK CHEN

By: Abi Inman

This spotlight will be highlighting an employee who will soon be stepping down. Showcasing the legacy and impact he left on UB Recreation as he takes on the next adventure life brings him. College is a learning period for many people, UB Recreation encourages growth and the creation of new and innovative ideas. Whether that be overcoming challenges, developing new interests, or finding new perspectives UB Recreation is a home open to everyone. Frank Chen is among those who found security and clarity through all of it. (continue reading on next page.)



Frank Chen

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REC Student Staff Spotlight Series (cont.)

Frank Chen is a senior, majoring in Public Health on a pre-medical track. As an associate, he became a member of the Bulls Team Shop in August of 2022, where he maintained organization and provided adequate customer service. Frank's innovative and proactive ideas, like creating barcodes for merchandise helped launch his success within the Bulls Team Shop and UB Recreation. Leading him to take over as Inventory Manager in March of 2023.

"Ultimately, my main priority shifted to ensuring that I provided the best customer experience I could toward ensuring the staff were in an environment in which they could succeed." Through a leadership position, Frank has gained the freedom to run with his ideas as he sees fit. Leading to multiple new creations like building the inventory team that has helped the Bulls Team Shop evolve. Throughout Frank's work with the Bulls Team Shop, he has helped develop many new organizational tactics that have been used to create a more enjoyable, successful, and helpful experience for both workers and customers.

However, taking on a leadership position meant completing behind-the-scenes work versus accomplishing day-to-day tasks. He learned to delegate the workload, building trust with his peers, and realizing that "many hands make light work." It is the lessons one learns that show people the kind of person they are and who they want to be. "As a leader, true success, doesn't come in the form of personal accolades and accomplishments, but rather from the accolades of the people you work with." However, The Bulls Team Shop and UB Recreation are not the only things that have evolved over the years. Frank has grown an immense amount throughout his college experience, specifically regarding his career and the relationships he has formed, helping him find stability and value in one's work.

Frank's position has created clarity in his career development. He no longer views a job as a means to an end, or simply a task to complete to earn money. Frank has always had a passion for helping others and working in The Bulls Team Shop has allowed him to develop his communication, conflict resolution, and leadership skills. However, instead of creating barcodes, one day Frank will be able to use his innovative and proactive ideas to create new policies and build a better healthcare system that benefits the people.

Frank has shifted his goal in the medical field from working clinically, where he would diagnose and treat patients in a public hospital setting to working towards creating a healthcare landscape that is accessible to everyone. The healthcare system is complicated and like many other things has its defaults. Doctors and nurses can only do so much with the policies and resources they're given. Making substantial change goes back to the foundations the health care system rests on. Something Frank is eager and driven to improve.

"While goods and services should have an associated cost, the cost of healthcare has skyrocketed and is unsustainable. The current healthcare landscape is in my opinion, becoming way too corporatized and has reduced humans and their lives down to numbers and dollar signs."

People deserve the best care they can be given, in every environment. Working in a leadership role has given Frank exposure to the fundamental skills needed to be successful in management. The knowledge he has gained throughout college and his time with UB Recreation will soon be applied to a career in which he finds fulfillment. Whether it be through policy development, intimate patient care, or a combination of both. Frank knows that there is no point in doing something if there is no passion or enjoyment.

"If you're going to spend your adult life working, why not enjoy what you do?"

The bond and trust Frank has built with his co-workers and peers has shown him value in what it truly means to be a leader, relying on one another to complete a task. Meanwhile, Frank's research in the medical field has shown him that change comes from more than those performing treatments, but also those who implicate the policies and resources to do so.

Success does not come from the number of hours one works or how many zeros are on a paycheck. But, the connections, enjoyment, and fulfillment a person receives from what they do. Frank Chen may soon be stepping away from the Bulls Team Shop and UB Recreation, but the impact he has left and the lessons he has gained will remain forever.



They Don't Want Candy,

THEY WANT A SWEATSHIRT!

Get that special someone, including yourself, what everyone really wants for **Valentine's Day**... a gift that keeps on giving. They no longer have to steal your favorite hoody if you get them their own! Visit the **Bulls Team Shop** in Alumni Arena for great deals on sweats, t-shirts, hats, and more!



TAKE THE PLUNGE CHALLENGE

DATE February 2, 2024
SUBJECT Ultimate Adrenaline Rush



Alumni Arena Diving Well

Hey there,

Hope this email finds you well! I wanted to share an exciting opportunity happening this Friday, February 2nd, 2024, that I think you'd absolutely love to be a part of – the "Take the Plunge Challenge"!

Imagine standing atop the Alumni Arena Diving Tower, with platforms ranging from 1 to a staggering 10 meters high. It's a chance to conquer your fears, push your limits, and experience an adrenaline rush like never before.

I know you're someone who enjoys a good thrill and isn't afraid to take on new challenges, which is why I thought of you immediately when I heard about this event. Plus, there's a cool incentive – everyone who takes the plunge receives an "I Took the Plunge" silicone bracelet as a badge of honor!

So, what do you say? Will you join me for this unforgettable experience? Let's make some memories and celebrate our bravery as we dive feet first into the "Take the Plunge Challenge"!

Looking forward to seeing you there!

Best,
UB Recreation





REGISTRATION

**NOW
OPEN**



BUFFALOTM

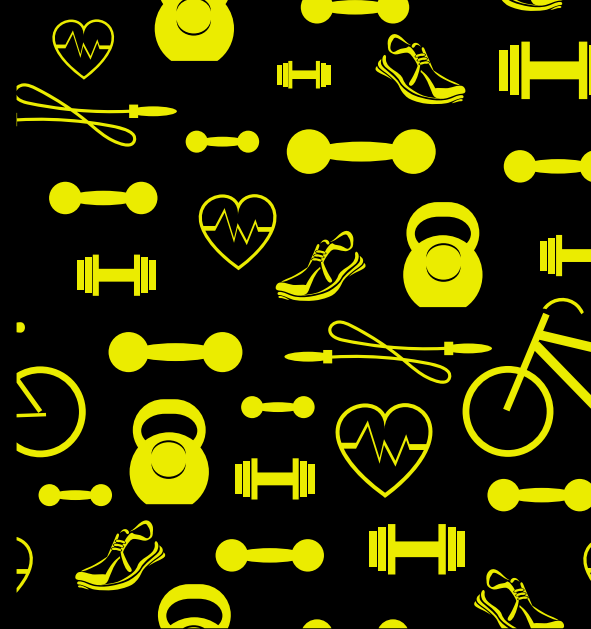
INTRAMURAL SPORTS

SPRING 2024:



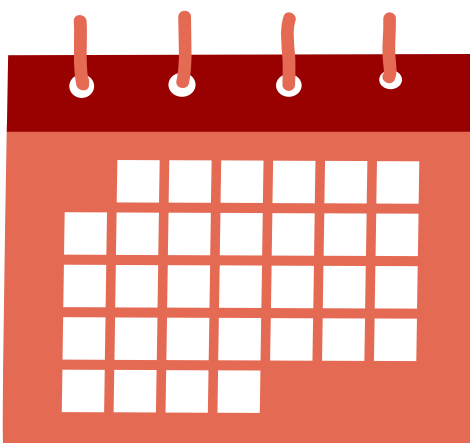
National Recreational Sports & Fitness Day

THURSDAY, FEBRUARY 22ND, 2024



NIRSA (National Intramural and Recreational Sports Association) established Recreational Sports & Fitness Day to commemorate its founding and honor the positive impact of recreational sports, fitness, and wellness.

To mark this occasion, we invite you to join us at Alumni Arena on Thursday, February 22nd. From 9 AM to 11 AM, we'll be outside the Fitness Center, offering complimentary healthy snacks. Then, from 4 PM to 6 PM, swing by to spin our Prize Wheel and score some fantastic prizes! We're grateful and thrilled to keep offering recreational and sports activities for our vibrant Recreation community!



FEBRUARY IS... AMERICAN HEART MONTH

As February unfolds, so does American Heart Month—a dedicated period to amplify awareness about heart health and champion preventative measures against heart disease and stroke. Spearheaded by the American Heart Association (AHA), this annual campaign serves as a vital reminder for individuals to prioritize their cardiovascular well-being.

At the University of Buffalo (UB) Recreation, this month holds particular significance as it aligns with our commitment to empowering our community with life-saving skills, including CPR certification.

Heart disease stands as the foremost cause of mortality globally, claiming millions of lives annually. Yet, many of these fatalities are preventable through lifestyle adjustments and early intervention. American Heart Month endeavors to equip individuals with the knowledge and resources necessary to protect their hearts and lead healthier lives. Throughout February, UB Recreation is proud to offer [CPR certification classes](#) as part of our contribution to American Heart Month. These classes provide participants with the skills and confidence to respond effectively in cardiac emergencies. From learning proper compression techniques to administering rescue breaths, participants gain invaluable knowledge that could potentially save a life.

The importance of learning CPR cannot be overstated. In cardiac arrest situations, every second counts, and bystander intervention can make all the difference. By equipping individuals with CPR skills, we empower them to be proactive agents of change in their communities. Whether it's a family member, friend, or stranger in need, those trained in CPR have the ability to provide critical assistance until professional help arrives.

As we observe American Heart Month, let us seize the opportunity to prioritize our cardiovascular health and empower others to do the same. Whether through CPR certification classes, educational initiatives, or advocacy efforts, each action contributes to a collective effort in the fight against heart disease and stroke.

At UB Recreation, we invite you to join us in celebrating American Heart Month by taking advantage of our CPR certification classes and embracing the importance of heart health.

African American History

WORDSEARCH

**Black
History
Month**



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 MAE JEMISON
 CHARLES DREW
 ISAIAH WASHINGTON
 MALCOLM X
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 ARTHUR ASHE

JESSE OWENS
 RUBY BRIDGES
 ALICE COACHMAN
 ALTHEA GIBSON
 ALVIN AILEY
 OPRAH WINFREY
 BARACK OBAMA
 LANGSTON HUGHES

SERENA WILLIAMS
 JOE LOUIS
 SAMMY DAVIS JR
 BEYONCE
 MEDGAR EVERS
 FOREST WHITAKER
 STEVIE WONDER
 MARTIN LAWRENCE

WHOOPI GOLDBERG
 WHITNEY HOUSTON
 JAY Z
 SNOOP DOGG
 DIANA ROSS
 JAMIE FOXX
 MICHELLE OBAMA
 MICHAEL JORDAN

HALLE BERRY
 DANNY GLOVER
 MAYA ANGELOU
 HARRIET TUBMAN
 KOBE BRYANT
 DON CHEADLE
 PRINCE
 JANE BOLIN

FREDERICK DOUGLASS
 CLAUDETTE COLVIN
 DENZEL WASHINGTON
 MARTIN LUTHER KING JR
 MUHAMMAD ALI
 JACKIE ROBINSON
 GEORGE WASHINGTON CARVER