

**HAPPY  
NEW YEAR**

# ERSO Celebrations

January 2024

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"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties." - Helen Keller

## Happy Anniversary

Helena Gin, 18 years  
Gwen Lindsey, 16 years  
Sarah Lirio, 7 years  
Marlene Perez, 5 years  
Cathy Nguyen, 2 years  
Brian Bratton, 2 years  
Makayla Propst, 2 years  
Kasandra Casillas, 2 years  
Kimberly Citalan, 2 years  
Esther Feng, 2 years  
Helen Acosta, 2 years  
Melissa Ellingson, 2 years  
David Elvins, 2 years  
Taryn Goomishian, 2 years  
Saleem Hasan, 2 years  
Mattie Lee, 2 years  
Anthony Mabanglo, 2 years  
Emily Martinez, 2 years  
Chelsea Miller, 2 years  
Heather Murthy, 2 years  
Weixing Ou, 2 years  
Maria Perez, 2 years  
Janet Vela, 2 years  
Christy Welden, 2 years  
Ying Zhang, 2 years  
Ana Ditmer, 1 year

## Happy Birthday

Angelica Gurrola  
Elise Mills  
Esther Gomez  
Leisa Lei  
Maria Odezynskyj  
Melissa Ellingson  
Sherry Deng  
Swati Shah  
Taylor Madison

## Q4 Team High 5 Winners

(Cross-functional Team)

Amy Frithsen  
Tom Parsons  
Monica Naputi  
Derek Johnson  
Weixing Ou  
Heather Lee Murthy  
Tracee Jackson  
Veronika Blair  
Cathy Weaver  
Rebecca Foster  
Eboni Wilson  
Mark Bell

"This nomination embodies both the 'We include and excel together' and 'We imagine and innovate' operating principles. Karen and Emilia were our 2 most recent RA3s hired into ERSO. We have an incredibly robust training plan, but it is a LOT of information to cover. All of the people included in this high five stepped up to volunteer their time from their very packed schedules/portfolios to meet with Karen and Emilia, to train them, to go over topics (often over the allotted time scheduled), to ensure understanding, etc. It not only has given a very thorough training to our new RAs, but it has also brought a sense of connection, purpose, belonging, and tie to the mission of ERSO and campus. I'm so incredibly grateful to all the trainers who helped out and offered their time. ERSO will be all the better for it. Thank you all SO much!"

**Congratulations, Cathy – we salute you!**

"Cathy Weaver helped me out so much by denying a SCT I submitted that included a mistake. Her quick action and fast response to my email saved me from having to do an accrual journal and another SCT to correct the mistake. Thank you so much, Cathy! You are appreciated!"



January Staff Spotlight –  
**Amy Frithsen, PhD (RA)**

*This month ERSO shines a spotlight on **Amy** from our Research Administrator team.*

*Thanks for sharing, **Amy**!*

In 1 word, please describe what you do in ERSO:

**Firefighter**

In 2 words, please tell us about yourself:  
**Skating weirdo**

You have 30 minutes to spend a million dollars. Where is your first stop?

**Raiding my favorite local skate shop - Quad Republic! Then on to adopt all the fur babies at Berkeley Humane!**

What advice would you give to your teenage self?

**Be your weirdo self!**

Worst song or movie ever?

**The movie 'Nothin' but Trouble' was so bad it was almost good. I don't understand how actors that talented could produce something so, so, so very bad.**

What question should we ask the next Spotlight colleague?

**What is a must-have for your dream house?**

What is something you are proud of?

**A flippin' PhD!**

Your questions/feedback is welcome! Please submit it via this [anonymous form](#).