

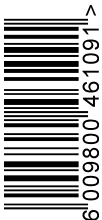
MACURH QUARTERLY YEARBOOK EDITION

MAY 2020

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HEY MACURH

by Katie Westermeyer

Hey MACURH!

As I come to the close of a full two years serving as your Regional Director I am feeling fulfilled. We enter leadership roles with hope of what will come. Hope of what we can provide. How we can enhance the experience of others and grow ourselves as individuals.

When I say I am fulfilled it is not because I completed every task I set out to do. I think it's hard in any leadership role to leave feeling like you've done everything you could. As student leaders we challenge ourselves consistently to want to do more. I'm not fulfilled because of a laundry list of accomplishments, but because of the people I have by my side when I'm leaving this role.



My time in MACURH has been made meaningful because of their impact on me, and the friendships I leave here with. For two years as Director I have been challenged. I have had to face many situations that helped me to learn and grow. As

I exit this role, I know that I leave you in the strong, competent, and empathetic hands of Payton Branson. I have the utmost respect for her vision and ask that you trust that the preparation and care she has for the Midwest this year takes your experience into consideration.

Thank you again. I look forward to seeing what you all accomplish.

All my Molly Moo Love forever <3

Katie Westermeyer

Katie Westermeyer

Former MACURH Regional Director



MOOVING FORWARD

by Payton Branson

Hello MACURH!

Woah wait....let's try that again.

HEY MACURH!

Time flies, doesn't it? During the next few months, take a moment to reflect over your engagements this year. How have your MACURH involvements impacted you? How have you grown? For the past few weeks, I've been reflecting over these questions and how I've grown as a student leader. A year ago, I would never have guessed that I'd be writing for the MACURH Quarterly!

Looking back on my year as a National Communications Coordinator (NCC), I learned a lot about myself. Promoting the MACURH Standards, engaging in NACURH Residence Hall Month (NRHM), and attending conferences were a few of my favorite experiences as an NCC. Growth, my favorite MACURH Standard, inspired me to step outside of my comfort zone. Something that I learned in stride was that failure is okay! Throw yourself into new experiences; you will learn just as much about yourself whether you succeed or fail.

Furthermore, I've continued to learn more about the MACURH Standard of Family. There are so many amazing regional

representatives, advisors, and board members that contribute to the aspect of family within our region. During the Regional Business Conference, I connected with so many uplifting and positive individuals who inspired my future endeavors. I'm forever grateful for all of MACURH's affiliates. Thank you for your commitment and dedication to the region.

As the affiliation year comes to an end, I've been transitioning into my new role as the Regional Director, alongside accumulating goals for the upcoming year. Some of my goals include increasing Friends and Alumni Related to MACURH (FARM) engagement, supporting my board members, and writing legislation! Over the summer, I hope to establish more goals and to further understand my "why".

As all goals are important within the region, I will support the incoming board through their development. I've been continuously amazed by my Regional Board of Directors as we transition into our positions. I've enjoyed getting to know them and their personal motivations. These individuals are passionate, proactive, and outstanding. I'm excited to see what we accomplish in the next fiscal year. We truly hope to help MACURH continue moving forward.

MACURH is a family full of amazing individuals like you. Congratulate yourself for getting through the semester and keep



promoting growth within yourself and others. If you need anything, please feel free to reach out to me! I'd love to chat over the summer. I'm committed to helping you achieve your goals.

Molly Moo Love,

Payton Branson

MACURH Regional Director



MACURH ON-CAMPUS TASK FORCE

by Amanda Stafford

Hey MACURH,

MACURH Task Forces and Committees have been successful from year to year. As a four year member of MACURH, I have found the experience from first serving on a committee in 2017 to the MACURH On-Campus task force in 2019-2020 an influential opportunity.

I am astonished by the amount of tangible resources this committee was able to develop. With eight members on the The MACURH On-Campus task force has worked to develop resources to help new affiliations to begin and help member institutions attain the resources needed to educate others.

I am proud to say our task force has accomplished several resources including a legislation template, an information sheet for RBD on Campus, and a guide for Executive board positions. Additionally, we had the opportunity to discuss adjustments for the website, established quick guide taglines and standardized definitions of NACURH and MACURH.

The MACURH On-Campus task force has provided me with friendships that I would not have established anywhere else. Working with the other members across MACURH has shown the interest and dedication our members have to the region.

When making the decision to get more involved in MACURH, I am proud that I chose to join one of our many committees and task forces.

Amanda Stafford

MACURH On-Campus Taskforce Member
Southeast Minnesota State University

PHILANTHROPY TASK FORCE

by Niyati Sethi

I think we can all agree, COVID-19 has been one heck of a journey. It has been a journey of ups and downs, filled with isolation, and finding joy in the smallest things. In these confusing moments, I'm thankful to be surrounded by student leaders that take out time from their busy schedules to serve a region full of people they might not meet face to face.

I'm thankful for the excitement and energy they bring to the table and the bag full of funny stories of experiences they have been having in these uncertain times. I'm thankful for stories of freshly baked bread shared over zoom chats in the comfort of our homes and snacks of choice. I'm thankful for student leaders like Jordan Gregory and Sammy Garrett who know how to lead compassionately, gracefully, boldly and bring an ever-changing group of 5-6 strangers together and create an environment where there can be idea-sharing and growth.

At the start of this academic year when I received the email that I was chosen to be a part of the philanthropy taskforce, I didn't know what to expect. I joined simply with two reasons in mind: wanting to bring back what I learned into my position as the Advocacy and Service Coordinator for RHA at Missouri State

and second, wanting to give back to an organization and region that has supported me in the past four years in so many ways.

And so our work began in the Fall of 2019 with two goals in mind; finding ways to engage the region in the current regional philanthropy – Pencils of Promise (PoP) and second, research another philanthropy for the region that might serve as a better and engaging philanthropy for the years to come. The philanthropy taskforce was full of amazing student leaders from the region, excited to serve and brainstorm ideas to engage the region in social justice issues. One would assume that if there are random strangers gathering, there would be awkwardness or unfamiliarity. But, the taskforce jumped right in!

We started the year gathering information and gaining an understanding about PoP. PoP works towards advocating for the importance of education by building schools in countries like Ghana, Laos, and Nicaragua and empowering educators to be present in those schools. In looking at ways to bring awareness to PoP, the taskforce put together an educational session for RLC, and Instagram stories to ask intentional questions during National Residence Hall Month (NRHM).

Moreover, a survey was created to get thoughts from the NCCs from the regional



institutions to assess the needs of the regions.

Restrictions with only financial giving was one of the limitations with Pencils of Promise. Analyzing the results from the survey, two main themes emerged; a need for an organization/ philanthropy that institutions could actively serve through time and gift-based giving as well as overarching preference for find local organizations that would bring the region together.

One of the things that I appreciated more than anything was the ability of this taskforce to take into consideration not only opinions and thoughts that were expressed by students in the survey but also areas that students would have current and future needs in due to COVID. The decisions were guided by the desire to provide opportunities and empower college students to impact change in their environment. With keeping the two results from the survey and the current context in mind, the philanthropy theme of Food Insecurity was chosen.

Why? Food insecurity is an area that affects every age group, especially in the state of Missouri, and is an area that many have been severely impacted in, especially in the past few months. Moreover, choosing a theme gives institutions the freedom to choose any organization within the realm whether it be an on-campus pantry, local

community garden, or a food bank. With plenty of opportunities within this theme, the taskforce wanted to empower students to impact the communities around them as well as help other students. We want the region to unite under this theme, standing together and giving in any capacity that is possible for the individual, the university, and then the region.

It is exciting to think that the taskforce worked on this the entire semester and is something that is going to impact the trajectory of advocacy and philanthropy in the region. And, amidst this process, it has been an honor to be a part of a group that gives and leads by examples. A group that is full of honest, bold, passionate, and unique leaders. And as I wrap up my time as an undergraduate student and my time with MACURH, there is nothing more that makes me happy than to know that I got to be a small part of a change that will hopefully impact this region, and be inspired and empowered by other leaders in the process.

Niyati Sethi

Philanthropy Taskforce Member
Missouri State University



ADVOCACY COMMITTEE

by Jacob Matney

I am Jacob Matney and I am the MACURH Advocacy Committee Chair for the 2019-2020 affiliation year. First, I wanted to say it's been a crazy semester. We have been faced with unprecedented challenges as students, leaders, and as people. However, through these hardships we have seen innovation, creativity, and hope.

I have watched so many student leaders in our region step up and give back to their communities and I wanted to say thank you. This region has some of the best, most caring people I have ever met and I know that when I leave MACURH, it will be left in good hands. Speaking of leaving MACURH, as I wrap up my last affiliation year with our region, I wanted to tell you all what the Advocacy Committee has been working on and reflect on what the chance to be involved in this amazing organization has meant to me.

This year, the Advocacy Committee decided their agenda would revolve around sustainability and toxic relationships. At the Regional Leadership Conference, we had the amazing opportunity to design and create a passive education program focusing on up-cycling old clothes into new, exciting things like wall art and hand warmers. Following that, the committee worked tirelessly to create a new MACURH resource - The MACURH Sustainability Wheel.

This wheel was designed to help institutions identify deficits in their organization's sustainability practices and to give examples on how they can improve these areas through programming, research, and outreach. In early March, the Advocacy Committee hosted a special chat on Zoom to help promote and explain the MACURH Sustainability Wheel, as well as held a roundtable discussion about sustainability efforts across the region. We hope that this new source will help future MACURH become more green.

As prefaced before, the Advocacy Committee did not just set their eyes on creating resources for sustainability; they also set their sights on toxicity within all forms of relationships (romantic, familial, and friendly). To begin this dialogue, we started by taking an anonymous poll of the region to gain insight into what type of resources we should provide. With the help of the Director and the Coordinating Officer for Marketing and Publications, we managed to promote this poll at the Regional Business Conference, giving all institutions who participated MACURH spirit points.

Finally, at the end of April, the committee created a presentation on resources for toxic relationships and presented it at a regional Diamond Chat. It was a difficult topic to address, but I believe the Advocacy Committee handled it in a mindful, professional manner and I am very proud of



all the work they did for this project.

Shifting to a more personal topic, I cannot express how much being in MACURH has meant to me. The opportunities that this organization has granted me has given a sense of belonging that has helped me in more ways than you can imagine. It is absolutely insane how fast time goes when you find where you truly belong. I have been an NCC of Kansas State for the last two years, and within those two glorious years I have found my family.

This MACURH family, who were strangers just a few years ago, have shown me time and time again what it means to listen, to be a leader, and to speak for what you believe in. It was because of this family that I had the courage to run for the Advocacy Committee and it was because of this family that I wake up every day and try to do better. This organization (both as NCC and as the Advocacy Committee chair) has had a profound impact on my life - one I will never be able to repay

It is because of this that I am sad to graduate. I am sad that my time as Kansas State's NCC and MACURH's Advocacy Committee Chair is coming to a close. I am sad to leave my family. However, I know that MACURH has prepared me for the future and all that it has in store. I also know that for family, this isn't a goodbye - but a "see you later". So, to the future members of MACURH, I leave you with



this piece of advice: don't let the memories pass you by because one day, you will look back and realize how truly extraordinary your time within MACURH has been. For the final time, thank you to my family. You have made it all worthwhile.

Molly Moo Love,

Jacob Matney

Advocacy Committee Chair
kansas State University

L&D COMMITTEE

by Meredith Finley

Dear MACURH,

In the Midwest we have come to expect some things to happen every year. Conferences and zoom meetings, snaps and top tens, boardroom and programming



sessions, but I think we can all agree this year has brought a lot of unique situations.

In the midst of a pandemic, the Legislation and Development committee completed their work on the MACURH policy book, began defining what developing the region looks like, and crafted new legislation. During our audit of the policy book, something that only happens every five years, the members of our committee checked that every passed legislation was present, edited, and relevant. We continually discussed how policy was put in place and why wording was chosen. With contributions from everyone on board, these discussions created the opportunity to write our own legislation. This team's dedication to the accuracy and relevancy of each piece in policy, and their willingness to step forward and write the pieces we felt necessary to improve legislation, proves that this group of individuals truly are representative of the MACURH spirit.

In that spirit of MACURH and our standards program, particularly growth, our committee began to wonder what we truly wanted development to mean. Though the committee has been referred to as the Legislation and Development team since its creation, as a group we felt like we didn't know what to do with that half of our purpose. Many points were discussed on this topic. The revision and creation of legislation was brought up as a form of our work to develop the region, and we all agreed this

was essential. But did development mean anything more?

Conducting a survey and having a meeting-long discussion on development, we came to some really progressive and exciting conclusions. A member of our team, Koby Ljunggren, suggested we promote the standards program and the development of our region through the standards we all know and love. Development in itself is growth, and we can educate the region on legislation.

It is traditional of us to use parliamentary procedure and our constitutional format. Our committee noticed these relationships, and we loved the idea of promoting the completion of the Standards program. During our final discussion of the year, when we talked about what we wanted next year's group to build upon, we felt this was a great idea for them.

These plans to promote the standards and develop the region brought up a lot of ideas in collaboration. While there is not currently much collaboration between the committees, we began to brainstorm all the ways we could work with others on this program. Overall, the conversations we had were filled with excitement over what next year's group could do with their time.

I'm so proud of our committee this year and all of the work we have done. I'd like thank every member and contributor for their hard



work and creativity!

The Midwest Legislation and Development committee has been an inspiration to me in the region and ignited a passion in all of us for the work we do for the region. If you're coming back to MACURH next year, please consider joining a truly amazing group of people in the legislation and development committee. You'll see the ins and outs of MACURH, and even place your own mark on our policy.

Molly Moo Love,

Meredith Finley

L&D Committee Chair

University of Iowa



ADVISOR INVOLVEMENT TASKFORCE

by Jen Kacere

The Advisor Involvement Task Force had a very productive year in accomplishing a variety of projects to enhance the advisor experience. We began the year reviewing the MACURH advisor experience and identified initiatives we could work on to ensure advisors felt prepared and welcomed to the group. In the fall, we focused on how to educate/welcome new advisors to the world of MACURH and how to prepare for the Regional Leadership Conference. In the spring, we focused on creating a guide for advisors to prepare for the Regional Business Conference (RBC), developed the RBC Advisor educational session outline, a Meet and Greet at conference and the Advisor Mail initiative. Advisors had many wonderful conversations during the RBC on how we can continue to educate, support and motivate each other.

Following the RBC, a small group came together to create a guide for advisors to prepare NACURH Annual Conference. We are excited to have a template for the future to provide for the future. The initiatives that we created are very sustainable and will be something that can continue into the next affiliation year. We hope that advisors enjoyed all the initiatives that the task force created this year. Thank you to Jameson Nogowski and Travis D. Schilla for their support this year.



Molly Moo Love,

Jen Kacere

Advisor Involvement Task Force Member
North Dakota State University

OTM COMMITTEE

by Rachel Cundy

Hey, MACURH!

It is Rachel Cundy, your lovely friend from Southeast Missouri State University! I have the pleasure to write for the quarterly again! This past year I have served as the MACURH OTM Committee Chair and we have accomplished a lot of great things I wish to share with you today. Something I want to note before I get into the nitty gritty of what we have done I would like to first and foremost shout out a huge thank you to our committee members: Sarah Rasing from University of Northern Iowa, Lindsey Lillehaugen from University of North Dakota, Kailey Squire also from University of North Dakota, Jonathan Petesch from Missouri State University, Rose Aleshire from Southwest Minnesota State University as well as our lovely Associate Director for NRHH Jeziel De Jesus Vega. Thank you for an awesome year and for all the hard dedicated work you've put in this year, we wouldn't have been able to accomplish what we have without you.

This year, the OTM committee decided to break up into two sub-committees for two

passion projects we identified at one of our early meetings. The two committees were OTM rubric sub-committee and OTM video sub-committee. The OTM rubric sub-committee created really detailed tips and tricks for writing OTM's that will be shared to the region at a later date.

They recognized that there were many categories and within certain categories it was hard to make an efficient and standardized rubric which is why the rubric was modified into tips and tricks. The OTM video sub-committee is still working on this project, and we are hopeful to finish this over the summer. With the changes of the new OTM website we had to put a pause to this sub-committee. The video will encompass what are OTM's, why write OTM's, who to write about, where to write about, examples of a good and not so good OTM, and finally a brief screen recording of the new OTM website. With the screen recording we hope to demonstrate how to create an account, how to submit an OTM and how to do a few other features as well. This is to be a resource for member institutions to help spread the word of OTM's. We noticed many campus chapters have their own version so we recognized it would be beneficial for MACURH to have one we can share with you all.

Molly Moo Love,

Rachel Cundy

OTM Committee Chair
Southeast Missouri State University



RECOGNITION AND SERVICE COMMITTEE

By Olivia Mangual

The Recognition and Service Engagement Committee has been having a lot of fun this year. Our primary goal was to create more excitement in the region about recognition and service and to get members involved in those activities.

In the fall, NACURH was already planning for



NACURH Residence Hall Month (NRHM). We wanted to get the region and our institutions involved as much as possible, but how? With this in mind, Sammy and Jeziel thought it would be fun to create an incentive for schools to get involved—the NRHM Cup. This cup was going to be awarded to the institution who earned the most points. For recognition week, we rewarded each submission to the Snaps-To form with 5 points. With NRHM being such a fun competition this year, it was a blast to be a part of all the commotion. For the Regional Leadership Conference, the committee thought it was important to recognize the students and advisors who presented educational sessions. We wrote some small thank you cards and had the committee members sign them at the conference.

In the spring, we were planning on hosting an April service challenge. Something similar to the NRHM cup but focusing our efforts on service rather than recognition. However, when COVID-19 shut down all our schools, we thought doing a special chat would be a better way to get people involved in some service projects. For NRHH Founder's Day and NRHH Day of Service, we hosted a special chat where attendees played a quiz show game featuring fun facts about NACURH, NRHH, and the Regional Board's favorite MACURH Standards and NACURH Links. We also played trivia as a group on freerice.com, an organization that provides rice for the hungry globally.



Overall, we hit our goal of regional and institutional engagement and we have some fun initiatives planned for the NACURH Annual Conference.

Overall, we hit our goal of regional and institutional engagement and we have some fun initiatives planned for the NACURH Annual Conference.

Molly Moo Love,

Olivia Mangual

Recognition and Service Committee Chair
Kansas State University



NDSU TRANSITION PROCESS

By Colin Delisi

Hey MACURH!

North Dakota State University (NDSU) here! Over our years with our Residence Hall Association (RHA), it became transparent that we needed to take a curricular approach to our operations and transitional processes. This provided us with previous records and methods that can be utilized and adapted to the situation the current year is in. In doing this, we opened avenues of opportunities to have extended transitional sessions and earlier Executive Board elections; yielding to a more prepared and confident Executive Board for the new year. This process does not only apply



to NDSU's RHA Executive Board, but also the National Residence Hall Honorary's (NRHH) Executive Board and our Hall Governments. Even while we were transitioning to online because of COVID-19, we were able to continue our transitional process and fully equip the new board on our same timeline.

Our process begins by gathering the outgoing Executive Board's feedback from all areas: how the year went, what went well/bad, what did they learn, what were the challenges, what do you wish you knew going into the position, etc. We then can pull feedback from previous years and the current year to adapt our processes to get the most out of our transitions. Let us work with a rough timeline for reference; the entire process takes place over approximately 3-4 months. In November, we begin addressing Executive elections and providing posters to get the word out and encouraging others to apply and run for the positions. At the end of January through the beginning of February, we hold those elections, staggering them every week to not overwhelm the meetings, the elections are held similarly to those seen in MACURH with a presentation, Q&A, discussion, and then voting (results are announced at that same meeting). Once they are all elected, we have them shadow their predecessor in meetings, in office, and any other duties. From when they get elected to the end of the year with the leadership banquet, we hold monthly Transitional Sessions. We hold it with our NRHH Executive Board as they are similar in content and it

fosters a healthy relationship between the two organizations. In these sessions, the RHA President and NRHH President work with the primary focuses of communication skills and information, team-building preparations, goals, and leadership development. The RHA President and NRHH President share their knowledge and positives but also prompt the philosophical, personal, and organizational questions on the topics above. During this time, we can have personal conversations and discussions of the questions the incoming boards have.

Also, throughout this time, the outgoing Executive Members each write a transitional document of the details: a welcome letter, the positional responsibilities, entity meetings, general body meetings, executive meetings, working with our administration, working with students, working with campus/regional/NACURH entities, MACURH and NACURH information, programs of RHA, Documentation and Organization information, evaluation of the year, what we wish we knew, and anything else (these documents can be up to 40 pages long!).

The goal of this transitional process is to be able to equip and prepare the incoming executive board from the preceding executive board. Nearly anyone can create a transitional document and hand it over, but we have found that the personal and real conversations and providing shadowing and multiple opportunities for them to gain confidence and prepare for the year.



Once the transitions of the Executive Boards happen, they hold a summer retreat and summer meetings to prepare for when they get on campus. Although this can be considered part of the transitional process, it is also a significant amount of work toward the new board's goals and purpose, and therefore, it is best suited to be classified as work after the transitional process.

As previously stated, we were able to adapt our transitional sessions online via Zoom. Although it was definitely a new learning curve for us to managing transitional sessions online, we were able to complete everything necessary and provide aspects that the incoming boards wanted to know more about – mainly positional duties. We also brainstormed on how to keep it fun and engaging online and not just feel like an online presentation, lecture, or something that could simply be emailed. We used ideas like Kahoot! and Charades throughout our sessions as a way for participants to interact with each other and provide a break of us talking .

These entire transitional processes seem to be unique aspect to NDSU; however, it is something that has truly set us up to increase our capabilities, our impacts, and our leaders. I hope this helps anyone who reads it and please feel free to reach out to us with any questions! You can also check out our transitional process website that has outlines, lesson plans, etc. on our processes here: <https://www.ndsu.edu/reslife/transition/>

Molly Moo Love,

Colin Delisi

RHA President

North Dakota State University

THANKS, MACURH

By Meghan Zug

How do you measure your time in MACURH?

Is it in awards received, recognition given, conferences attended, or pins collected? While these are all great ways to follow your journey in MACURH, I believe it is something even more special. It's the people you meet and the memories you make. Looking back on my time really physically in MACURH, I have tried to think of the best way to really see it and it keeps coming back to memories and friends. So buckle up because I'm about to take you on my journey in MACURH.

RLC 2017: The University of Iowa

My biggest memory from RLC 2017 is Kelsey Strandberg sprinting up to the stage in a cow onesie and screaming MACURH cheers. She took her spirit chair position to heart and packed a lot of spirit into that space. My first thought was, "Meghan, what did you get yourself into?" but soon I began to want that spirit for something. I spent that weekend pretty overwhelmed and very tired, but I left with a sense of unfinished business, like I had more left to give and I was going to find a way to give it.



RBC 2018: Truman State University

Gracie Smith, the MACURH Regional Director pulled a pause on all of us. She stopped business and said, "I'm going to break down where we are, what's going on, and what's about to happen." Welcome to amendmentland. Where the original piece is over there and the amendment is here, so we are going to only talk about this part of the piece where the amendment is... anyone who has been in boardroom knows the story. While she was explaining this, all I could think about was Inside Out with all the lands in her emotional center with family and fun, but I digress. This conference was the conference I knew that becoming NCC-it was the best decision I could have ever made. I found a real place of belonging with people who were interesting in this crazy complicated stuff and they liked rules and order. I made a lot of plans at this conference for my future and for the future of UNI's RHA. Some of them have come true, some had to change, and some had to go completely out the window, but I felt like a leader and knew I liked where I was.

NACURH 2018: Arizona State University – Tempe

Sometimes the friends you make in MACURH are the friends of your predecessor. That's how this memory begins. Iowa State, Drake, and UNI's NCCs were very close so it was only natural that the ITs ended up joining in as well. Then we were headed to corporate with our presidents and NRHH reps and we

grabbed The University of Iowa on the way. Cue us walking up to the doors of corporate and Scott Lunte says, "Why is all of Iowa always together, they are like a posse!" We all laughed it off, but as the weekend went on, I realized how close our groups were. It seemed like all of us were together and I look back and laugh because so much has changed and that's okay. We may not all be as close, but we drifted and added to the family and seem to be more integrated into the family that is MACURH instead of a side family within. MACURH isn't meant to be made up of groups of families, but is one individual family and once you are apart of that family, you never really leave

RLC 2018: Missouri University of Science and Technology

My first conference as the NCC. I was no longer an IT and I found out that as much as you can train for the position, you end up just learning more on your feet. Katie Westermeyer was in a much harder and deeper position than me, but I could feel this similarity of just kind of trying to do what was best and having prepped for all possible outcomes, but those never actually happen so you just have to be on your toes. This memory is just a simple moment in boardroom that no one probably noticed, but it has stuck with me. It was during a boardroom session. Katie was the chair, and something went wrong and you just see this look of "well what now?" run across Katie's face. I just lost it laughing and yes, I later



apologized to Katie because I wasn't laughing at her. I was laughing because just a week or so before I had been in the exact same position as she was (on a smaller scale of course) in an RHA GA meeting and it just reminded me that we are all learning and growing as we move along. No leader is perfect and that's what makes us awesome leaders, is the ability to learn and grow with everyone else.

RBC 2019: Pittsburg State University

This is a longer memory because it's kind of two. It's closing ceremonies at Pitt State after a whirlwind weekend with weather problems and getting stuck at the Union and hard work. The first part was during awards. In the fall I had made it my goal to submit a bid. I didn't know for what or who, but it was going to be a bid. Then at RLC I decided it would be for my NRHH Rep Cameron Amos. Up to this day. Sitting and waiting with all the worry and apprehension in the world. All I wanted was for Cam to win and to be recognized for all he'd done for our campus, MACURH, and NACURH. I couldn't eat and couldn't sit still. When his name was called, I almost tipped over the table trying to get up to clap. I had put so much work into that bid, but in that moment all that work was nothing compared to the joy I felt for Cam and all his hard work. Then the RBD was giving out Golden Cowbells. I don't remember much from that time, but all of a sudden Cole Keiper is up there talking about an NCC-it he saw last year and watching them grow and a lot of other

stuff and my NRHH-it is just beaming at me and I'm like girl what are you staring at. What Cole said next stopped my heart, "This weekend, she felt very strongly about something and proposed an amendment, sadly it didn't go as planned, but ..." Honestly, I don't remember much after that. He was talking about ME!?!?! This was something I had never expected. I look back at the picture of Cole handing me the Cowbell and I can't stop beaming, but I also see a girl who was very confused. How could failing at something be good? It was that weekend that taught me that failure isn't a block. It's a chance for learning. I have learned so much from MACURH through people and experiences and I wouldn't trade it for the world.

NACURH 2019: Louisiana State University

Leading up to NACURH 2019 was crazy. I joined a summer class two weeks after the start date, flights were cancelled and delayed, and we missed the first day of conference. By the time I got to LSU, I was ready to go home and sleep, but Conference still had two days left so I was stuck. I was looking forward to one thing, awards. Having two bids up for NACURH consideration was exciting. After seeing they had done some awards the first night, I wasn't super excited at our chances of winning, but you never know. So, Saturday at Mass Gatherings after Roll Call, they started doing more awards, so I got nervous, as I always do when awards are announced (whether or not it will even affect me). All of a



sudden Rick Cazzato Jr is talking about the NRHH Member of the Year and my heart literally stopped. NOPE, N-O, I can't do it kind of thing. I couldn't move or think or anything. Then Rick stepped away to let the other person say the name and I fell further into my seat. Did you just say Cameron Amos from the University of Northern Iowa?!?!?!? I couldn't move. My NRHH-it had to pick me up to get me to walk down the stairs, but this is the part I remember most. I get down to the end of MACURH where the RBD is sitting and the look on Katie Westermeyer's face said so much to me in that brief second. It was pride for the region, pride for Cam, but this look of, "See Meghan, all that hard work paid off. Your first ever bid and it won it all! That's something to be proud of and hold on to it." I had been so focused on everyone else for so much time that week that I hadn't even thought about myself and while this is totally not my win, I felt this sense of accomplishment and pride in myself for being able to recognize someone in such a way. I had neglected myself all week and felt so much fuller after that. You have to take time to recognize yourself in order to best recognize others.

RLC 2019: St. Louis University

Starting nursing school and battling my own health demons did not make for a peaceful beginning to my school year, let alone trying to plan a conference delegation! This led to a very tired and probably grumpy NCC coming into conference, which is never a good thing

because lack of sleep is inevitable during conference. Anyway, I put on a brave face and kept eating and caffeinating to stay alert and it worked really well until boardroom was just about over. You would think this would be a win in my book, but I didn't want to be tired during closing ceremonies and possibly fall asleep. So I grabbed a coffee at the St. Louis Bread Co. (Panera in my book) in the union and laid down on a couch during the like 40 minute break we had. One thing led to another and I dozed off, only to wake up and see Travis passing me and noticing me just opening my eyes he says, "Gooooood Mooorning" and chuckles as he passes. I started laughing and now the caffeine had enough time to make it into my system and I felt better, but I just needed the reminder to laugh. I think back on a lot of conferences and think of the laughter and giggles that are surrounding me, but this conference I don't remember that as much except in that moment. While conference is a serious time, it should also be a time to relax and have fun with friends, and I hadn't done that.

RBC 2020: University of Nebraska at Omaha

This memory is a very non-related to the conference itself. It's more about the connections you make. To start, you must realize that I pack just about everything but the kitchen sink for conferences. I have food, make-up, extra clothes, hair accessories, medications, extra shoes, etc. The thing I always forget is a first aid kit, which is very sad considering how often I hurt myself. Well



here we were Thursday night and I had a blister from my heels. My savior was Ben Kutz the NCC for NWMSU and his Band-Aids in the pocket of his jacket. While this wasn't the first time I met Ben, it was the connection that really built a friendship and made me think of the friendships I have gained here. RBC was where I felt like I had the most friends and the most connections than any other conference and interactions I've had. I have grown to love the family I have made in MACURH and I only wish I had more pictures with my friends to carry with me into the future.

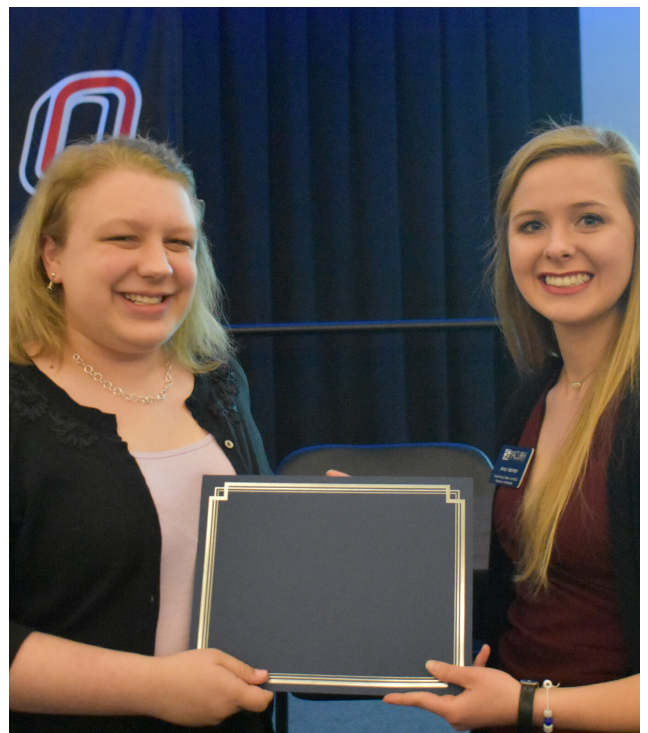
NACURH 2020: University of Dayton (via my living room)

NACURH 2020 wasn't going to happen for me. The first week of March my advisor told me during a one-on-one that UNI wouldn't be able to attend due to staffing problems. I was crushed. I didn't know how I was supposed to get closure in my time as NCC and how I would train the incoming board in all things MACURH. Then COVID-19 struck and conference was put on hold and eventually moved online. I was able to put together my last delegation and lead them during one of the most amazing conferences ever. Each night we did a debrief via Zoom to just talk about the day and Saturday night they moved me to tears. Prior to my start in MACURH, UNI had not been very involved. We attended conferences and that was about it. I had made it my goal to move us forward and strengthen that involvement. During our chat they started talking about how to get spirit

points and what taskforces and committees were and my heart stopped. This is what I had wanted to see since day one of my first term. I was so floored and couldn't give them enough information about being involved in MACURH. This really showed me how my passion had bled off into them. One person can't accomplish it all, but a group inspired by one can move the world. That is my legacy. My last delegation is my legacy in MACURH.

For Good

For those of you who held on for the whole reflection, you have finally reached the end. I just wanted to close with a few more words. These memories are only the tip of the iceberg of my time in MACURH. In my reflection for the last couple of weeks, I've collected a lot of pictures and thought a lot about my journey.



I remember stating in my first ever conference application that I didn't know where my leadership journey was going, but I felt that a conference would give me a stronger foundation and more ideas to go with me wherever I went. I could never have guess MACURH would have taken me so far and helped me grow so much. I couldn't say if I would change for the better during my first conference, but now at the close of my 9th and final conference, I can say "I do believe I have been change for the better," and "changed for good." Thank you to everyone in MACURH who made my journey so special, I will forever be grateful for all we have accomplished.

Molly Moo Love,

Meghan Zug

NCC

University of Northern Iowa



RBD END OF THE YEAR THOUGHTS

By Cole Keiper

Throughout my time in MACURH this year, I have had time to reflect on my experiences, both within this year and in my entire time in housing leadership positions in my undergrad. As I think back on my first leadership experience within my on campus living as the RHA Treasurer, all the way up to serving as the Associate Director for Administration & Finance for MACURH, my personal growth is evident. My yearning for new experiences and learning allowed me to challenge myself and run for the positions that I did. Without the eagerness to further my own growth, the possibility of serving on the MACURH Regional Board of Directors would have never arose. MACURH has given me so much: relevant experiences, useful skills, friendship, growth, and family. Thank you, MACURH, for everything you have given me.

By Jeziel De Jesus Vega

This year has been one of the best years that I have had in MACURH. It has been one of many emotions and I am so grateful that I had you beside me through this journey. When I bid for the ADNRHH role, I was very nervous and scared. When I began my journey as ADNRHH, you gave me so much love and pushed me to keep moving forward. You have shown me how much the MACURH standard of Family runs through this region's veins. I am forever grateful for you and all the memories you have given me.

Diamond love.

By Robby Fahrenholtz

Hey MACURH, what a wild year it has been. I feel like we all came together as a family so quickly at the beginning of this year and that has been so impactful now as the year draws to a close. It has made it feel like we can still have genuine experiences in our virtual spaces, and it has made it that much more disappointing that we don't get one last conference together in person. Even though we're all far apart, we are still a strong group of people., we have to be so we can be students, leaders, and people, and I can't express in words alone how much I have loved my time in MACURH. The Midwest will always hold a special place in my heart, no matter what region I find myself in in the future.



RBD END OF THE YEAR THOUGHTS

By Anna Herman

This year has been such a blessing to me! I am so grateful for the opportunity to learn and grow throughout my time on the RBD. Thank you everyone for making me feel welcome and for giving me space to make mistakes and grow from them. I love my MACURH family so much and will never forget all of you! Please stay in touch!

By Samantha Garrett

I have SO loved being a part of the Herd. Since I was a wee little freshman walking on Truman's campus for the first time, I was looking for a family and a place to call home. MACURH has been that place for me from my very first RHA meeting to serving as Truman's NRHH Rep, to now as I leave my term as CORS. It is incredibly bittersweet to know that my time as an undergraduate student in this incredible organization is coming to a close, but I am glad to know that I will always have a home in MACURH. Thank you for empowering me, showing me what it means to truly support and understand one another, and showing me that Home is truly where the Herd is.

Molly Moo and Diamond Love <3

By Jordan Gregory

Hey MACURH. I didn't expect this time to come as fast as it did. You have been a part of every facet of my college experience (AND even before college). From being on a Conference Staff as a senior in High School, not having the slightest idea of what MACURH and NACURH were, to being fortunate enough to hold a position on the Regional Board of Directors. I cannot thank you enough for the teachings, the memories, and the friendships. You care SO MUCH more than any other organization I have ever been in. You are fully committed to bettering yourselves, and the spaces around you. That is so special. As much as I will miss you, I am so completely excited to see what you do and where you go. Molly Moo Love, my friends. Thank you for everything.



RBD END OF THE YEAR THOUGHTS

By Josh Lindenberger

Hey MACURH! I want to take a moment to reflect upon this past year to say thank you. Thank you for being a second family for me, thank you for showing me what leadership looks like in any situation, thank you for being your wonderful selves. It's no secret that I am the newest member of the RBD, so I do not have much to say about what it is like serving you. But I will say that so far I have enjoyed my time on the RBD in ways I could not have imagined. In regards to RLC I am so excited and UNK is working very hard with each of you in mind. We truly care for every one of you, we want to give you an experience that you will never forget.

Have good summer filled with Molly Moo love.

See you all at UNK.

By Jameson Nogowski

Hey MACURH. This year has been a new experience for us all. I hope you have learned some new things through the challenges and the opportunities that have come your way. Although our year is ending, your journey is still moving forward. Take what you've learned from your time in the region and share the Molly love with the world. Remember once a member of the herd always a member of the herd.

By Travis D. Schilla

After three years, my term as Regional Advisor is coming to an end. Looking back over my term, I am incredibly thankful for the experience. I have met so many wonderful people along the way who have helped me in my MACURH journey: conference advisors who became cherished friends, student leaders who have gone on to become passionate colleagues, and fellow regional advisors who have helped push me to be a better advisor. Conference adventures have taken me across the country, leaving me with memories that I will carry with me long after my time in NACURH is over. I'm grateful for the opportunity and trust that was placed in me by the members of the Region at RLC 2016, and for the RBD members who have taken this journey with me. To everyone that has been a part of MACURH over the past three years: thank you for allowing me to serve the Region; it has been an incredible experience.







THE VISION

In providing resources, the MACURH values diversity, advocacy, integrity, recognition, service, development, and community in on campus learning environments.

THE MISSION

The purpose of MACURH shall be to promote student intellectual, educational, cultural, physical and social welfare; to design and facilitate educational sessions and informational services; to provide an avenue for assisting students to achieve fuller participation in the life of the college community and to extend the influence and good name of our organization everywhere.

