Message from our President...

by Sandy Watmore, President

As the 2004-2005 UNOPA year draws to a close, we need to finish several projects before the end of our year:

- The Bylaws updates will be discussed during the May General Meeting. After that meeting, a ballot will be sent to our voting members. If the changes are approved, the new Bylaws will go into effect for our 2005-2006 UNOPA year. If the changes aren't approved by our member's vote, the Bylaws Committee will continue their efforts during the upcoming year.

- The March AND April General Meeting minutes will be opened for discussion, possible corrections, and approval.

- The Annual Report will be printed and will be available upon request.

- The Spinoza Bears will be distributed to the selected families.

- The new Officers will be installed for UNOPA's 2005-2006 year.

Wow! This year sure has gone by quickly...especially the last few months. I've enjoyed it all....the fun, the friendships, the board, the concerns, the communications, the controversies, the hectic pace and all of those meetings. Mostly I'm sincerely honored to have represented UNOPA as the 2004-2005 President. I can't thank all of you enough for your support and patience during the meetings that often were more like 'stand-up comic routines' than I had planned. I've learned a great deal through this adventure, including learning to not say everything that comes into my head before thinking it through first. But most importantly I've learned you cannot be successful in any such effort without the help and support of many others. I must relay a heartfelt thanks to the officers & directors who have been beside me this entire year and have helped me 'build UNOPA on the foundation of our past'.

Thanks to the COMMITTEE DIRECTORS: to Helen for coordinating distribution of our awards, to Barb and Gretchen for organ-
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The best way I know to express my appreciation is to say thank you. Thank you for your hard work and dedication. Thank you for your support and commitment. Thank you for your contributions and payments. Thank you for your patience and understanding.

I would like to recognize our Employee Concerns representative, to Carol for maintaining the funds in our Foundation 'money tree', to Marcy and Deb who've displayed a sense of hospitality that would rival 'Southern Hospitality', to Donelle for keeping count of our Members like the 'grains of sand' on a beach, to Jan for 'anchoring' our organization with a great new team of officers, to Shirley and Judy for helping us grow professionally like 'mighty trees', to Becky for introducing many wonderful programs during the year, to Barb for 'digging' up UNOPA news, and to Debbie for refilling our 'money bags'.

Thanks to the AD HOC COMMITTEES: to Dora for updating our 'rules' of operation, to Kathy and Mary for setting up a 'hands on' mentoring program, to Edie for coordinating our affiliate involvement, to Lola for offering a supportive 'ear' whenever needed and to Faye and Kathy for 'taking us out to a ballgame' last summer.

AND to my fellow OFFICERS: to Lois for 'calculating' our funds, to Jeanette for handling our correspondence and being our official 'photographer', to Kathy for recording our business during the first half of our year and to Valerie for taking on the responsibility and continuing to handle this record keeping duty, and to Becky for being the 'Princess in training' during this year and for always being willing to help as needed.

I've enjoyed working with these great individuals and with all of you. You, the UNOPA members are the "bricks" of this organization. It has truly been a wonderful experience and I look forward to UNOPA's future. Thanks for the memories!

Sandy Watmore & guest speaker, Randy Morgan model their shoes at the NAEOP Central Area Conference.

Treasurer's Report-April 12, 2005
by Lois Erickson, Treasurer

Beginning Checking Balance February 1, 2005 $5,491.81

Income
Hospitality $373.75
Interest $ 1.25
50/50 $ 24.00
Total Income $1,009.00

Expenses
Awards $ 96.40
Program $115.00
Notes $ 47.43
Hospitality $503.36
Professional Growth $196.72
Miscellaneous $825.00
Correponding Secretary $ 58.24
Nominating $ 36.68
Treasurer $ .83
Total Expenses $1,879.66

Ending Checking Balance $4,621.15
Cost Objective Balance $ 0.00

$4,621.15
April Board Meeting
by Becky Hastings, President-Elect

The April Board meeting was held on April 5, 2005. The meeting was called to order by Sandy Watmore. Roll call was taken. Minutes from the March 1, 2005 Board meeting had been e-mailed out by Valerie Egger and were approved. Treasurer Lois Erickson handed out the balance sheet dated April 5, 2005. Jeanette Fisher handed out a draft of the program for the Awards & Recognition Luncheon on April 12, 2005. Program director, Becky Hastings, reported that Rave Revue will be performing at the Awards & Recognition Luncheon. Sandy Watmore reported that she attended the Deans & Directors meeting and that Herb Howe encouraged the Deans & Directors to support their office personnel in attending UNOPA & UAAD functions, allowing them to use administrative leave if needed. She also reported that she and Russell Bartholow, President of UAAD, met with Herb Howe and that child care and tuition assistance for less than 100% was discussed. Dora Dill, Director of the Bylaws committee, reported that the rough draft of the new proposed bylaws would be out on the web and she would talk about that at the April meeting. Membership will vote on the new bylaws after the May general meeting. Sandy Watmore reported for Helen Sexton, Awards Director, that nominations had been received for the Rose Frolik award. Membership Director, Donelle Moormeer, handed out three different forms for membership, new membership form, renewal membership form, and committee forms - it was decided that she will have these available at the meetings. Nominating Director, Jan Edwards, announced that 111 votes had been cast for the election of officers and the winners were Donelle Moormeer - President-elect, Valerie Egger - Recording Secretary, Marlene Pyatt - Corresponding Secretary, and Gretchen Walker - Treasurer. Carol Bom, director of the Foundation committee, reported that April 15, 2005 is the deadline for the applications for the next PSP reimbursements. Barb L'Heureux, UNOPA Notes, reported that the March issue of UNOPA Notes has been sent to National for judging. Diane Wasser, Communication and Technology, reported that the UNOPA website has also been submitted to National for judging. Mentoring co-director, Mary Guest reported that there will be outside availability for the Mentoring web - she is sending that information to Dianne Wasser to post on UNOPA's website. Kathy Stastny, Mentoring co-director, announced that she will be retiring and her last day is April 14, 2005. Sandy announced that there will be some monetary assistance from the chancellor for the National conference in AZ in July. Sandy also discussed that UNOPA raised enough money to purchase two SPINOZA Bears and those will be delivered to the two families this month. The meeting was adjourned. The May Board meeting will be May 3, 2005 from 3:00 pm - 5:00 pm on City Campus - location TBA.

May Board Meeting
by Becky Hastings, President Elect

The May Board meeting was held on May 3, 2005. The meeting was called to order by Sandy Watmore and roll call was taken. Minutes from April 5, 2005 Board meeting had been emailed out by Valerie Egger and were approved. Treasurer Lois Erickson handed out the balance sheet dated May 3, 2005. She announced that she had found someone to do the audit of the records for this year. Sandy Watmore reported for Jeanette Fisher, Corresponding Secretary, that a get well card was sent to Betty Jacobs. President-elect, Becky Hastings, reported that she had all of the directors for the committees next year except the Ways & Means committee. Sandy reported that she met with Herb Howe in April and will be meeting with him again next Monday afternoon. She and Becky Hastings attended the April 27 Dean's & Director's meeting. Becky Hastings will be representing UNOPA at future Dean's & Director's meetings. Foundation Director, Carol Bom, reported that two applications had been received for Professional Growth expenses and the current balance in the fund is $2,708.34. Membership Director, Donelle Moormeer, has contacted Human Resources for a list of new employees to be sent to the Membership Director monthly so that UNOPA can contact individuals and let them know about our organization. Sandy reported that Dora Dill will be presenting the revised bylaws for discussion at the May general meeting. Ballots will be sent out after the meeting to vote for or against the revised bylaws. Sandy announced that she wants the director's final reports for inclusion in the annual report by June 15th. The meeting was adjourned. The June Board meeting will be the transition meeting-the day, time and location to be announced.
UNOPA General Meeting
April 12, 2005, 11:45 a.m.
East Campus Union
by Valerie Egger, Recording Secretary

WELCOME: President Sandy Watmore welcomed everyone at 12:05 giving a special welcome to the honorees-past presidents and retirees.

PROGRAM
Becky Hastings introduced Karen Randall and Rave Review who provided the luncheon entertainment. Rave Review is a "barber shop" quartet that has been singing for five years. Karen Randall is also member of UNOPA.

CALL TO ORDER: Sandy Watmore called the meeting to order at 12:38.

OFFICERS' REPORTS
Recording Secretary: The minutes from the February general meeting were approved, to be filed as written. The March general meeting minutes are included in the April UNOPA Notes which members just received before the luncheon was served. To give everyone time to read them, they will be approved at the May general meeting.

Treasurer: Lois Erickson reported the beginning checking balance on April 12, 2005 was $5,491.81. Income was $1,009.00 and expenses were $1,879.66. That leaves the ending checking balance at $4,621.15. The cost object balance was zero. The CD balance is $3,021.92.

Corresponding Secretary: Jeanette Fisher sent congratulatory cards to Carol Bom, 2005-06, NEOPA president-elect, and Linda Luedke, 2005-06 NEOPA recording secretary. Cards were also sent to: Karen Jackson (surgery), Leslie Brooks (hospitalized), Wes Peterson (a UNOPA supporter who lost his mother), and Nancy Hoffman (lost her father).

President: Sandy Watmore will report later as part of old and new business.

STANDING COMMITTEE REPORTS
President-Elect: Becky Hastings is in need of a chair and co-chair for the 2005-06 Summer Social Committee. Please contact her if interested.

Nominating: Jan Edwards announced the 2006 officers. 111 ballots were returned to the committee.

President
Becky Hastings

President-Elect
Donelle Moormeier

Recording Secretary
Valerie Egger

Corresponding Secretary
Marlene Pyatt

Treasurer
Gretchen Walker

UNOPA NOTES: Sandy Watmore announced that the March issue of UNOPA NOTES was entered in the national association's newsletter competition. Results will not be known until July. The deadline for the May issue is April 15. News items should be sent to Barb L'Heureux. Sandy also explained that if those occasions when UNOPA NOTES was late, it was from computer problems beyond anyone's control.

Communication Technology: Sandy also announced that the UNOPA Web site was entered into the NAEOP competition. Again, the outcome will not be known until July.

Foundation: Sandy Watmore reminded everyone that requests for professional development and PSP expense reimbursements from the Bradley Munn Professional Growth Fund are due to Carol Bom by April 15.

PRESIDENT'S REPORT: Sandy reported that at the last Faculty Senate meeting Herb Howe encouraged faculty to support their staff in UNOPA membership activities and the use of administrative leave for those activities. During the meeting, Russell Bartholow reported that UAAD has made UNL child care their next year's goal. Sandy reports to the senate included the UNOPA-sponsored workshop (The First Three Habits of the Seven Habits of Highly Effective People), the central area NEOPA conference held March 31-April 2, and this summer's NAEOP (national) conference.

During last week's meeting between Herb Howe, Russell Bartholow, and Sandy, topics included
administrator and faculty support for UNOPA and UAAD, and child care at UNL.

As has been mentioned throughout the year, half of the 50/50 drawing will allow UNOPA to co-sponsor Spinoza Bears for two children-in-need. The children have been identified and Kids Unlimited will ensure that they will receive their bears in the near future. Sandy purchased t-shirts for the two bears and embroidered "UNOPA" on them. Both bears were displayed at the meeting for the UNOPA members to see.

ADDITIONAL STANDING COMMITTEE REPORTS
Bylaws Revisions: Dora Dill thanked committee members Carol Bom and Chris Cary for their work on the bylaws revisions. In the revised format, the constitution will be integrated into the bylaws and the duties of appointed members are included after the Standing Rules. The Social Committee will be changed to the Outreach Committee; the Foundation Fund will be changed to the Bradley Munn Professional Growth Fund. Copies of the revised bylaws will not be distributed, but a copy can be requested from Dora or viewed on the UNOPA Website. Both the current and revised versions will be available on the Website. All members were asked to compare the two documents and review the changes. Send questions, concerns, or corrections by e-mail to Dora. Ballots to approve the new document will be mailed to all UNOPA members after the May meeting.

Hospitality: Deb Hendricks and Marcy Tintera
The committee decorated in a springy Hawaiian Luau theme. Jan Harris was the lucky recipient of the door prize—a salmon colored carry-all bag. Table centerpieces including a fresh pineapple and coconut were taken home by one lucky recipient from each table. Sandy Watmore won half of the 50/50 drawing, $30, with the other half going to the Spinoza bear project.

Honorees: Jeanette Fisher reported that we were privileged to have 22 honorees join us for the luncheon and general meeting. They included Rose Frolik and her son, nineteen past UNOPA presidents and two retirees.

Awards: Helen Sexton thanked committee mem-

bers Pat Hust and Linda Luedke for their hard work. She then introduced Sandy Lineberry as Rose Frolik's designated spokesperson. Sandy announced that Rose Frolik was able to join us for the luncheon along with, for the first time, her son Dick.

The Rose Frolik Award was established in 1988 as a way to recognize UNOPA members who demonstrate the attributes of UNOPA's founder and first president Rose Frolik. Rose's philosophy is, "How you do your work may be more important than what you do." Recipients receive a one-year UNOPA membership, commemorative plaque and $300. After presenting Dora Dill and Diane Wasser as this year's two nominees, Sandy announced Diane Wasser as the winner of the 2005 Rose Frolik award.

The meeting was adjourned at 1:17 p.m.
Search for Sandy’s Hammer
by Barb L’Heureux, UNOPA Notes Editor

Some where in UNOPA Note’s you will find Sandy’s Hammer. Email the page number and article name to bheureux@unlalum.nebraska.edu and you may be one of four to win a prize!! The drawing will take place Thursday, May 12 at 11:00 a.m. Here is what you need to look for.

**A Report on the NEOPA Central Area Conference**
By Carol Bom, CEOE

The steering committee had been meeting for months. Lisa and Peg, the conference co-chairs, had been meeting for a year. Finally, the day was at hand!

On March 31, the NEOPA Board of Directors met before the start of the evening festivities. New officers were announced, and reports by the Board were given. After dinner together, the crew got ready for the Karaoke festivities. About 60 people gathered to fellowship and have fun. We had great hors d’oeuvres and many individuals and groups sang. Our own Judy Anderson was a great hit, as the man running the machinery had her come up a few times to sing! The different local associations all sang together.

Friday morning opened at 8:00 a.m. with an inspiring video, the national anthem and pledge of allegiance. The six state flags from the states were presented either by the state presidents or someone living in that state. About 100 people from LPSAOP, UNOPA, WEOPA, OEOA, NEOPA Past Presidents, Illinois, Kansas, Missouri and Iowa attended. Most of the participants were from Nebraska, but we enjoyed meeting our fellow office professionals from around the Central Area. We also had a couple of special guests from Maryland and Minnesota.

The first speaker was from Marshall, Minnesota. She spoke about how to gain some positive personal power. Her presentation was inspiring and motivational. She gave great hands-on tips on how to keep you going when the going sometimes gets tough. Our second speaker was a fellow office professional from Columbia, Missouri. She helped with organizational tips for our office areas. We also took the Myers-Briggs test and thought about who we are in this world.

The banquet on Friday evening was very special. There, the new officers for NEOPA were installed. Pat Fleming, CEOE, from Maryland, installed Deb Ryan, CEOE, and her board of directors. I am proud to say that Linda Luedtke, CEOE, and I were installed as Recording Secretary and President-elect. The other two officers are from LPSAOP. Dee Oltsman, CEOE, from LPSAOP directed the evening.

On Saturday, again, bright and early, we gathered at 8:00 a.m. to hear Randy Morgan from Boise, Idaho. He was very motivating and down to earth in his presentation as he gave us tips on how to take care of ourselves. He talked a lot about how we affect the world around us. He related some inspirational stories about people, who against all odds, accomplished their goals and visions. He made you think about how you live your life and how you affect those around you.

After lunch, we ended with a presentation by our Central Area Director, Theresa Cote. She spoke about setting goals for ourselves and how to set realistic goals. We also discussed the Central Area, of which we are a part. The Central Area states within our national organization, (NAEOP), are Iowa, Illinois, Indiana, Kansas, Missouri and Nebraska. This was the first time we as a state group, NEOPA, combined our spring conference with the Central Area conference. It was a great time of fellowship, service, recognition, and information sharing!
**Member News**

by Jeanette Fisher, Corresponding Secretary

This past month, get well wishes were sent to Betty Jacobs for her recent surgery. Sympathy cards were sent to Nancy Hoffman for the death of her father and Wes Peterson, President of Faculty Senate and UNOPA supporter, for the death of his mother.

If you know a UNOPA member who would appreciate receiving congratulations, get-well, sympathy, or thinking of you, please let me know. My phone number is 472-0182 and my e-mail address is jfisher1@unl.edu. Thank you for keeping me informed.

At the April UNOPA luncheon, past-presidents and retirees were honored. Here are a few notes of interest from people you may know that I would like to pass on to you.

Rose Frolik will be 96 on her next birthday, June 25.

Nelson Scofield sends her good wishes to all the UNOPA members. She is recovering from a fractured hip as the result of a freak accident in December.

Mary Buell has been promoted to Assoc. Registrar at Minnesota State Community & Technical College in Detroit Lakes.

Kay Hartmann will graduate in May from Bible Study Fellowship and serves as District #7 Chaplain for the American Legion Auxiliary.

Michelle Sieber and her husband, Tim, work for Pioneer Seed in Iowa. They took a trip to Ireland last year and ran in the Lincoln Marathon. In early September, they are expecting a baby.

Monie Brownson was a delegate to the Nebraska State Democratic Convention and elected a voting delegate at-large to attend the National Democratic Convention in Boston.

Charlotte Jackson was visiting her great-grand children in Ohio.

Betty Wurster was on vacation in Denver, Colorado.

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**UNOPA Celebrity Birthdays**

**June/July**

- Lorraine Moon 6/03
- Judy Phelps 6/13
- Ryan Tewell 6/23
- Kathy Bemnetch 6/24
- Linda Luedtke 7/05
- Connie Paxton 7/18
- Marcy Tintera 7/18
- Diane Sullivan 7/28

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**Getting to Know Your Board**

Answer: Carol Bom

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**A Thank You**

by Diane Sullivan

Thank you, UNOPA, for the gift of $100 from the foundation. I have been in UNOPA for over 25 years and this is the first time I have used this benefit. UNOPA is a Great organization. Keep up all the good work you do. Thanks again.
Getting to Know Your UNOPA Board!

Favorite Year:  1986
Worked at UNL:  1986
Favorite Office Supply:  Good pens
Best Friend:  Husband, Phil
Home Town:  Winona, MN
Siblings:  Five
Education:  Some college
Favorite Color:  Teal
Currently Live:  Lincoln
Pets:  2 cats
Best Physical Character:  My height
Hobbies:  Cross stitch, read
Pet Peeve:  People missing deadlines
Three words to describe me:  Honest, cheerful, optimistic

Who Could This Be?  See Page 7