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This week’s eMeditation:

Thoughts, words, and acts are seeds sown, and, by the inviolable law of things, they produce after their kind. - Above Life’s Turmoil.

We focus a lot on how powerful our thoughts and actions are and in so doing, we overlook one of the most powerful killers of dreams --- our words.

In fact, many of the dream-killer words we use, do us in personal conversation with not much thought of what we’re really saying. At one point in my life, when I had a few more challenges than normal, I got into a very bad habit of using this reply when asked how I was doing, “Oh, you know, when it rains, it pours.”

I’m not sure why I used that reply (maybe I was looking for some sympathy), but I know the results were devastating. Not only did it keep raining, it began to storm!

In the Northern Hemisphere we’re coming to a season when colds and the flu usually increase. Would you think I’ve gone off my rocker if I said we speak some of those maladies into existence? Before you decide, read this article [Placebo’s power goes beyond the mind by Linda Carroll at http://msabc.msn.com/id/14309026/?GT1=8404] on the medical evidence of the power of belief, and then understand that when we speak something we give power to it --- we increase our belief in something when we speak it.

So when someone asks you how you’re doing and you reply, “I think I’m coming down with something,” you’re actually contributing to the illness you end up with. And the same goes for the other words that people speak like, “I don’t ever have any money,” “I’m always so tired,” “I’ve got the worst luck,” and on and on.

What words are you speaking? Stop and listen to yourself, whether it’s your self talk or your words to others. Can you see the connection between what you’re saying and the life you’re experiencing?

Regardless of the religious faith, the spoken word is acknowledged as having great power. Hindu writings tell of yogis that have used their words in the Gospel of Mark, “those things which he saith shall come to pass; he shall have whatsoever he saith.”

And that’s worth thinking about.

by Vic Johnson
http://asamanthinketh.net/emeditation.htm

UNOPA NOTES
University of Nebraska Office Professionals Association / Volume 45, Issue 3

Inside this Issue

President’s Letter  1
Getting to Know Your UNOPA Board  2,3
October General Meeting Minutes  4
PSP Fundraiser  5
Monthly Photo Contest  5
Calendar  Back Cover

"Professionals With A Purpose"

You can tell by the changing trees, the crisp morning air, and the days are getting shorter that fall is upon us and the holidays are just around the corner.

Our October general membership meeting was held at the Lied Center where we had a “behind the scenes” tour after the meeting. Members were asked to let me know if they were interested in representing UNOPA on the Academic Senate. As of this date, we have not filled that position. Please get in touch with me if you would be interested in serving as UNOPA’s representative.

I attended the “Keys to Professionalism” Professional Development Series with presenter, Gail Sutter, Director of the UNL Employee Assistance Program today. The mentoring committee is providing these brown bags at both City and East campus each month for which you earn PSP points for attending. These are excellent informational sessions and I encourage you to attend.

The Professional Development Fall Workshop “Understanding Where We Are – Acting To Get Ahead” with Bonnie Coffey will be held Tuesday, October 31st from 1:30-4:00 p.m. in the Nebraska City Union. This is a hands-on workshop that will provide key elements of the art of networking. Members attend for $10.00 and non-members for $18.00 which includes a free UNOPA membership. You will also earn PSP points!!

We only have two more home games and the Saturday, November 4th game may be scheduled for 11:00 a.m. or 7:00 p.m. Please contact Peg Johnson at 2-0533 or Barbara Homer at 2-3677 to schedule a time to work. Depending on what time that game starts, there could be as many as 12 shifts to work. The Friday, November 24th game is scheduled for 2:30 p.m. Contact Betty Jacobs at 2-8784 or myself at 2-2069 if you would like to work one of the five shifts for this game. The Ways and Means Committee appreciates all the help members and their kin have given us to this point!!

The November general membership meeting will be our 25th annual presentation of the Boss of the Year Award. The “Giving Tree” will be available at this meeting to make a selection for your holiday gift donation. I hope to see all of you and your bosses at the meeting on November 14th.
Karen Jackson, Communication Technology

My employment at UNL began in August of 2004. I was hired as a Programming Assistant for the Agricultural Research Division (ARD) on East Campus. My main duties are to maintain the ARD website, update the GIS (Geographical Information System) program as we receive information from the Research and Extension Centers and facilities throughout Nebraska, and aid in the publication of the ARD Newsletter. This past fall, the College of Agriculture and Natural Resources (CASNR) employed me on a part-time basis assisting in the evaluation of transferring student credit hours when the student transfers to UNL.

This is my third year with UNOPA, my second year with NEOPA, and my first year with NAEOP. This year I am the director of the Communication Technology committee for UNOPA. This committee is responsible for maintaining the UNOPA website. During the two years that I have been with NEOPA, I have been the co-director, and this year, the director of the Information Technology committee. This committee is also responsible for the NEOPA website and the NEOPA Listserv. I am presently working on my PSP/CEOE certifications with the hopes of receiving them by spring 2007.

My husband, David, is a professor in the Food Science and Technology department at UNL. We have three boys: Matt, 14, is a freshman at North Star High School and loves to play sports. He is currently on the freshman football team. Zach, 11, is in 5th grade at Campbell Elementary. He also loves to play sports and is currently playing Midget football. This summer will be his third year of playing select ball for the Lincoln Cyclones. Josh, 9, is in 3rd grade at Campbell Elementary. And guess what, he loves to play sports, too! He is involved in flag football and basketball through the YMCA and baseball through Lincoln Little League. We have a dog named Cookie. She is a Lhasa Apso and is very laid-back dog which is what we need for our busy lives.

I enjoy cooking, crafts, playing the piano, music, reading, and walking whenever I get the chance, which isn’t too often with three growing boys in the house.

Carol Wusk, Nominating

I worked for the University from 1969-1972 for the Nebraska Council of Educational Television, and then took a 10-year break to raise our two sons, Mark and Brad. Since 1982, I have worked at Campus Activities and Programs (now Student Involvement), the Nebraska LEAD Program, Cooperative Extension and I am currently in the College of Agricultural Sciences and Natural Resources as the Dean’s secretary. I think the University is a great place to work!

I joined UNOPA in 1985 and have served on the Board and on many committees. I am currently on the Board as Nominations Committee Director. (Please be thinking of great people to nominate in January!) I joined NEOPA in 2003 after UNOPA hosted a great spring conference, and NAEOP in 2004. I was proud to earn my PSP Advanced III, Option I and CEOE designation in May 2004.

My husband, Alan, and I have been married 36 years and live in Sterling, NE, which is 40 miles southeast of Lincoln in Johnson County. We really enjoy playing with our four grandchildren (ages 4½ to newborn)! I also enjoy working in the yard with my flowers and shrubs, reading, cooking/baking (on the weekends), and visiting with friends and family.

Christine Cary, NEOPA/NAEOP Liaison

As Recruitment Staff Assistant in the Office of Graduate Studies, I interact with students by coordinating campus visits, attending college fairs, and helping with events on campus. I supervise the data entry into our recruitment database, from which thousands of students per month are contacted by email. I also interact with staff and faculty in other departments, because we help all the departments with their recruitment efforts. The variety and challenge of keeping up with all our projects makes it a very interesting job.

I have worked in four other offices on the city and east campuses, but without UNOPA, I wouldn’t have half the knowledge that I do. Along with all the training I’ve had through UNOPA, I have personal contacts in nearly every unit, and those relationships make me a valuable resource to my boss!

When I’m not working, I love to hang out with friends and with my kids. Daughter Jenny is a junior at UNL, majoring in Theatre Performance, and son Gordon is in his first term at Southeast Community College, in Business Administration. I’m a student too, majoring in Geography, so we have that in common. My husband, Scott Miller, paints airplanes at Duncan Aviation. He and I have always enjoyed the entertainment on campus, especially student plays and movies at the Ross. Other things I enjoy are church, investment club, NEOPA and NAEOP activities; reading; and now that my kids are out of the nest, watching whatever I want to on TV!

Being involved in our local, state and national associations is really fun. The other members have become friends that I truly enjoy, so I always look forward to doing things with them. If you’re not already a member of NEOPA, I hope you’ll join us this year. The Spring conference on March 29 and 30 is going to be fantastic, and I’ll be installed as President, so I want all my fellow UNOPA members to be there!
I began employment at UNL on June 30, 1984 - worked one year at College of Nursing Lincoln Campus, one year at Career Planning and Placement; and 20 years in Philosophy.

I have been a member of UNOPA since 2002. I am currently Co-Director of the Membership Committee. I also served on the Membership Committee for three previous years; two years on the Hospitality Committee, and one year on the Program Committee.

I was born in Columbus, Nebraska and grew up on a farm north of Columbus. I have two brothers and one sister. I have been married to Ted for almost 31 years. We have a daughter Amanda, son-in-law Joshua May, son John, and a cat named Torch. On July 25, I became a proud Grandma to twins, Grayson and Sophia.

My hobbies are camping, gardening, touring wineries, spending time with family, friends, and just enjoying life.

I have been employed at UNL since 1999 and a member of UNOPA since 2002. I’m currently Co-Director of the Membership Committee with my co-worker in the Philosophy Department, Donette Petersen.

I grew up in a large family in rural Palmyra, Nebraska and enjoy going there often for gatherings. I’ve been married to Jonathan who works in the Chemistry Department at UNL for over 30 years. We have two married daughters, Sarah and Katie.

My hobbies are Irish genealogy, gardening, collecting glassware and vintage sewing items.

The Bradley Munn Professional Growth Fund will be raffling off a Christmas wreath made and donated by the ladies in the Purchasing Department. You can still buy tickets at the November general meeting. The drawing will be held at the end of the meeting. Tickets are $1.00 each, or 6 for $5.00. Proceeds will go into the Bradley Munn Professional Growth Fund.

Please contact either Lorrane Moon (472-6082), Edie Schleiger (472-3303), or Becky Hastings (472-2-085) if you are interested in purchasing tickets.

You need not be present to win.

Our deepest sympathy to the family of Leslie Brooks who passed away on October 4, 2006.

Leslie had been an active member of UNOPA since 1984 and had served on the Professional Growth Committee, Program Committee, Hospitality Committee, Employee Concerns Committee, the Chancellor’s Safety Committee, and the Director of the Nominating Committee.

Cards may be sent to Leslie’s son, Ed Ticket at 5503 South 31st Street, #4, Lincoln, NE 68516.

She will truly be missed!!

Thanks a lot!!

Thanks to all of my UNOPA friends who telephoned me, sent cards, good wishes, and prayers my way since I had my surgery. I feel very fortunate to know that so many people were concerned.

I am doing fine and appreciate your good wishes.

Jan Wassenburg
President Donelle Moormeier called the meeting to order at 12:00 noon.

The minutes from the September 12, 2006 General Membership meeting were distributed. Motion was made by Cathy Leazer to approve the minutes as presented. Motion was seconded and passed unanimously.

Treasurer’s Report—the treasurer’s report was not available for this meeting, and will be presented at the November 14 meeting.

Proposed budget for 2006/2007—the proposed budget for 2006/2007 was presented and discussed. Request was made for the board to adjust the budget so that it is balanced. A revised budget will be presented at the November 14 meeting.

Announcements

--Two past members of UNOPA passed away recently. Marie Cripe, a charter member of UNOPA passed away on September 21, 2006. Leslie Brooks passed away on October 4, 2006 and a memorial will be held on Wednesday, October 18, 2006, at 10:30 a.m. in the east campus union.

--NEOPA Fall workshop will be held on Friday, October 13, 2006, at Wayne State College in Wayne, Nebraska. WEOPA has chosen Haven House to be the recipient of donations and they have asked people to donate school supplies for children.

--A UNOPA representative is need for the Academic Senate. Lorraine Moon explained what is required of this position and described the purpose of the Academic Senate. If anyone is interested in serving in this capacity, please contact Donelle Moormeier.

--Sandy Lineberry read the following statement regarding the discontinuation of free parking permits for retired faculty or staff:

Effective, July 1, 2006, no free parking permits will be issued to retired non-Emeriti faculty or staff. Retired faculty or staff that received a free parking 2003-06 permit will be grandfathered for 10 years and will continue to receive a regular non-reserved parking permit at no charge for a maximum of 10 years after the date of their retirement. The retiree must be on a non-active status with regards to employment at the University. Failure to renew the permit in any one year will invalidate their eligibility.

Please send Sandy your comments regarding this change in policy.

--Deb Rosenau presented a survey for members to share their opinion and give suggestions for the UNOPA website. Please return your survey to Deb Rosenau.

--The PSP Endowment Committee is hosting a Fall Tea on November 11, 2006 beginning at 1:30 p.m. at the Denton Community Center. Cathie Fife will be the speaker, and there will be a silent auction and door prizes. Please contact Sandy Lineberry or any PSP committee member if you are interested in attending.

Reports

Awards—Nelvie Lienemann

The deadline for nominations for the Boss of the Year Award has been extended to October 16, 2006.

Bradley Munn Professional Growth—Becky Hastings

October 15 is the deadline to apply for re-imbursement. The first raffle drawing will be held at the end of the November meeting for two Christmas wreaths.

Tickets are available for $1 a piece or 6 for $5. If anyone is interested in contributing to the Bradley Munn Professional Growth fund, please contact Becky for the appropriate forms.

Membership—Donette Petersen

October 31 is the deadline to renew memberships for $9. After October 31, the amount will be $12. Currently, we have 105 total members: 4 retirees, 5 associates, 81 renewals, and 15 new memberships. Chie Hicks has recruited 7 new members!

Mentoring—Donelle Moormeier

The next mentoring brownbag will be October 24 at the city campus union and October 25 at the east campus union. The speaker will be Gail Sutter from EAP.

Professional Growth—Betty Jacobs

There will be a reduced rate offered to non-members for the Professional Growth workshop on October 31. Flyers are available on the tables today and on the web. Registration deadline is October 17, 2006.

Hospitality—Cathy Leazer

Barbara Homer was the recipient of the 50/50 for $24.50. Door prizes were given.

UNOPA Notes—Barbara Homer

October 16 is the deadline for submission of articles to UNOPA notes. There will be a group photo contest in each issue. Pictures will be taken at each general meeting, placed in UNOPA notes, and everyone who correctly identifies the people in the photo and sends them to Barb, will be entered in a drawing for a free lunch at the next UNOPA meeting.

Ways and Means—Donelle Moormeier

There are three more home games for which we will need members to staff the parking lot. To this point, only 15% of UNOPA's membership has volunteered for the parking lot for the first 4 games. Members are encouraged to volunteer for a 2 hour shift as this is UNOPA's only fundraiser!

Program—Gretchen Walker

Gretchen introduced the speakers and tour guides, Laura Sweet, Douglas Smith, and Charles Bethea, for their introductions to the Lied Center and tours of the facility.

Meeting was adjourned at 1:15 p.m.

Mary Guest, CEOE
Recording Secretary
A dear special friend sent this to me and I thought it was worth sharing with all of you.

Ready or not, someday it will all come to an end. There will be no more sunrise, No minutes, hours or days. All the things you collected, Whether treasured or forgotten, will pass to someone else.

Your wealth, Fame and temporal power will shrivel to irrelevance. It will not matter what you owned or what you were owed.

Your grudges, resentments, frustrations, and jealousies will finally disappear. So, too, your hopes, ambitions, plans, and to-do lists will expire. The wins and losses that once seemed so important will fade away.

It won’t matter where you came from, or on what side of the tracks you lived, at the end. It won’t matter whether you were beautiful or brilliant. Even your gender and skin color will be irrelevant.

So what will matter? How will the value of your days be measured? What will matter is not what you bought, but what you built; not what you got, but what you gave? What will matter is not your success, but your significance. What will matter is every act of integrity, compassion, courage or sacrifice that enriched, empowered or encouraged others to emulate your example.

What will matter is not your competence, but your character. What will matter is not how many people you knew, but how many will feel a lasting loss when you’re gone.

What will matter is your memories, but the memories that live in those who loved you. What will matter is how long you will be remembered, by whom and for what.

Living a life that matters doesn’t happen by accident. It’s not a matter of circumstance but of choice. Choose to live a life that matters.

Author Michael Josephson

Do you know who these ladies are who attended October’s general meeting?

If so, please email your entries to bhomer@mail.unomaha.edu by Friday, November 10, 2006. All correct entries will be put in a drawing whereby one lucky person will win a certificate which entitles them to a paid luncheon at the December general meeting. Good luck!! Doreen Wagenaar is the winner of last month’s photo contest. Congratulations, Doreen!!

You’re Invited to Come and Enjoy “An Afternoon With Cathie Fife”

Ladies!! Are you looking for an opportunity to relax and socialize with friends while enjoying fabulous desserts and entertainment by Cathie Fife and her “One-Woman Style Show?” If so, you’re in luck!! Come and join us at the Denton Community Center, November 11, 2006, and be enlightened and entertained by Cathie Fife who may be best known as a radio personality in Nebraska and Iowa during the 80’s and 90’s. She is now a clothing retailer with stores in Blair and Plattsmouth. She has a love of fashion and an uncanny knack for choosing figure flattering styles for herself and her customers.

Doors will open at 1:30 PM; the show to begin at 2:00 PM. You can enjoy an afternoon of fun entertainment, a silent auction, door prizes, and coffee or tea and desserts for only $20/ticket. All proceeds will go to the PSP Endowment Fund.

For information, please contact Sandy Lineberry, 472-6623, Sandy Watmore, 471-1066, or any of the PSP committee members who are listed.

PSP Committee Members: Sandy Lineberry
Jeanne Andelt
Sandy Watmore
Kathy Bennetch
Edie Schleiger
Lynn DeShon
Loretta Walker
Mary Guest
Sandy Luedtke
Debbie Hendricks
Shirley Horstman
Barbara Homer
LaRita Lang
Pat Hust
Trish Liedle
Diane Wasser
Mary Guest
Sandy Watmore
Jeanne Andelt
Linda Luedtke
LaRita Lang
Sandy Lineberry

Directions to the Community Center:
Go west on Van Dom to Lee’s Chicken, turn south (left) on Coddington Avenue. Go 3 miles to West Denton Road (dead end), turn west (right) and go 5 miles to Denton, NE. At the four-way stop, continue west 1 block to Lancaster Street, turn south (left) to 7115 Lancaster.

OR
Go west on ‘O’ Street to Emerald about 7 miles. Turn south (left) at the blinking light and go 5 miles to Denton, NE. At the four-way stop, turn west (right) and go 1 block to Lancaster Street, turn south (left) to 7115 Lancaster.
November Calendar

November 11 - “An Afternoon With Cathie Fife,” Denton Community Center, Denton, NE

November 14 - UNOPA General Meeting - The Boss of the Year Award Presentation, East Campus Union

November 17 - UNOPA Notes deadline for submission of articles

November 23 & 24 - Thanksgiving Holiday

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