It’s hard to believe spring is here and my term as president is coming to a close. There are only two more general meetings remaining, one of those being the Past Presidents luncheon and the Rose Frolik award presentation, which will be April 8, 2008. Together we will be celebrating our 45th Anniversary as an organization.

Other activities for the month of April include the annual NEOPA spring workshop, “April Showers Bring a Rainbow of Opportunities,” on April 10 and 11 at the Cornhusker Hotel. This will be a great opportunity for everyone to do a little socializing, attend informative briefings during the day and end the conference by installing UNOPA’s own Becky Hastings as the incoming NEOPA president.

The last of the Mentoring mini-workshops will be presented by Angie Frederick, Assistant Director Fitness and Wellness Services, Campus Recreation, on General Wellness, Stress Management and the Health Risk Assessment survey results and the future. The workshops will take place from noon to 1 pm on April 24 at the East Campus Union and April 29 at the City Campus Union.

The Nominating Committee has secured a wonderful slate of officers and the ballots are due on April 2. I would like to thank those individuals that agreed to have their names placed on the ballot to run for an officer position for the coming

(Continues on Page 3)
Debbie Hendricks in the Vice Chancellor for Student Affairs Office is our contest winner. Debbie found Pat DeStefano’s name out of place on Page 5 of the UNOPA Notes February 2008 issue. Debbie will receive a free lunch at the April UNOPA General meeting.

Congratulations, Debbie.

That concludes our contest for this year. We hope you have enjoyed looking for the contest names and departments as much as we have enjoyed getting your contest entries.

MEMBER NEWS

by Helen Sexton, Corresponding Secretary

Recent cards were sent to the following UNOPA members who had personal emergencies.

- Sympathy – Lola Young
- Thinking of You – Cheryl Kruid

If you know a UNOPA member who would appreciate a congratulations, get-well, sympathy, or thinking-of-you card, please contact Helen Sexton at 472-2341 or hsexton2@unl.edu.

As always both the UNOPA Executive Board meeting minutes and the UNOPA General meeting minutes will be posted on the UNOPA website: www.unl.edu/UNOPA, or call Janice Kohler at 472-1103 if you would like a hard copy and do not have access to the website.

Thanks for your understanding.
President's Message (Continued from Page 1)

year. Our nominees were all wonderful and all of them will do a great job in leading UNOPA to another fabulous year.

Special congratulations to Mary Guest, CEOE!! Mary, Administrative Technician for the Vice Chancellor for Student Affairs received the Board of Regents KUDO award from the University of Nebraska.

The Board of Regents recognizes full-time employees from each campus for outstanding service to the University of Nebraska at their monthly meetings. Mary received her KUDO award on March 7, 2008. UNOPA is very proud of you!!

Hope you had a great Easter and see you all at the April meeting!

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MARIE DVORAK RETIREMENT

submitted by Christine Cary, CEOE

Mrs. Marie Dvorak, a project assistant in the Office of Graduate Studies and past UNOPA treasurer, will retire April 3, 2008. An open house reception hosted by the Office of Graduate Studies will be held April 3, 11:30 am - 1:30 pm, in the Nebraska Union. UNOPA members and other colleagues are invited to stop by, sign the guest book, enjoy some cake, and give her a happy send-off!

Marie has worked on the UNL campus for 18 years, beginning with the Nebraska Department of Education Vocational Rehabilitation, which served UNL students with disabilities. Later she worked with the Center for Instructional Innovation, then the Office of the Vice Chancellor for Business and Finance, and finally the Office of Graduate Studies. When asked what she likes best about her career on campus Marie replied, “Being close to the students. They make the atmosphere lively, vibrant, and fun. I enjoy that a lot.”

Her post-retirement plans include travelling with her husband, Ed Dvorak. Their first trip will be to Texas to visit their children and grandchildren. They also plan to go to California and Wisconsin this year.

Being an officer for UNOPA was fun, and she got to meet more great people that way. “I’ve made a lot of friends while I’ve worked here, and I’ll miss them,” she says. We’ll miss you too, Marie!

To me a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug.
- Helen Keller

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Know your numbers! Wellness Wednesdays are sponsored by the University Health Center each month on a walk-in basis as follows: 1st Wednesday of the month at the UHC (lab services on 2nd floor) from 8a-12noon; 2nd Wednesday of the month at the East Campus Union, room 308, from 8:00 am-10:00 am. For students/faculty/staff and general public. One is required to fast for 12 hours prior.

The screening is $15, includes hemoglobin, blood glucose, and lipid profile (total cholesterol, triglycerides, HDL and LDL cholesterol). For additional fees, other tests are available during those times: hemoglobin A1c (for persons with diabetes)--$19; PSA (for males)--$30; occult blood--$3. For more info, please contact UHC laboratory at 472-7470.

Mary Guest receives University Kudos Award
by Tonda Humphress, UNOPA Notes Co-Director

Mary Guest, UNOPA’s own President-Elect, received the University of Nebraska Kudos Award at the March 7 Board of Regents meeting. Cited by her nominator were examples of Mary’s organizational skills and her willingness to help as needed regardless of the task. Her nominator went on to acknowledge Mary’s genuine and sincere approach to helping students and staff: “She possesses the ability to make people feel comfortable, while always considering the confidentiality and seriousness of the situation.”

Mary has had many responsibilities within the Vice Chancellor for Student Affairs Office, including working with students who have been deployed by our military, sending out student absence notices in emergency and/or long-term situations, responding to a wide variety of WAM questions, facilitating the student funding process, handling the planning and implementation of the successful Empowerment Forum, providing support for the UNL Student Affairs Graduate Program, and more. She is a team player and always maintains a positive demeanor.

Congratulations, Mary, on receiving the University of Nebraska Kudos Award!

NAEOP National Conference
by Gretchen Walker

Early registration deadline is May 15, 2008. If you are planning to attend the conference please let me know immediately as I am waiting to hear on funding from the Chancellor and need to have an accurate listing. I will need a copy of your proposed conference itinerary as well as time and date of departure and roommate name, etc. If you could supply me with your information by April 11, I would greatly appreciate it.
1998-1999 Award winners:
Rose Frolik Award: Rhonda Zugmier; Outstanding Staff: Dorothy Stoner; Silver Pen: Linda Luedtke & Diane Sullivan

2000 Rose Frolik Awardee: Sandy Lineberry

Great friends & food at this General UNOPA meeting!

Lola Young -- Central Area Director and past UNOPA President

Rose Frolik -- our UNOPA founder

Boss of the Year nominees in 2001 -- Viann Schroeder was named Boss of the Year.

Summer socials . . . need we say more!

Remember unique hat contest?>@#$%<?
Notes from the past . . .

February, 1966 Newsletter
- UNOPA had a membership of 130.
- Rose Frolik was introduced as UNOPA's nominee for Axis Woman of the Year. (January 11, 1967 Minutes)

The hearts read:
- Dedication
- Understanding
- Loyalty
- Friendliness,
- Humor
- Patience
- Kindness

September, 1973 Newsletter
- 8 UNOPAN's attended the N.A.E.S. Annual Conference in Salt Lake City in July.
- Dick Fleming, President of UAAD sent a letter expressing their desire to work cooperatively with UNOPA.
- Nelsine Scofield was the new UNOPA President.
There were so many interesting items in past UNOPA Notes issues. In addition to general UNOPA business and issues, several articles gave us a little glimpse of the individual members of the time and a look at their lives - both professional and personal. From the words of wisdom (most that still applies today) to tips on the job, you get a sense of the time period and for how times have changed (and how they haven’t). What wonderful historical records these newsletters have been! UNOPA is clearly an organization with goals of benefitting its members and the University. Please join us in celebrating UNOPA’s 45 anniversary!

Happy Anniversary, UNOPA!
April 2008 Calendar

April 1 . . . . . . Board Meeting - East Union, 3:00 p.m
. . . . . . Deadline for NEOPA Spring Conference Registration
. . . . . . Beware! April Fool’s Day!

April 8 . . . . . . UNOPA General Meeting
. . . . . . East Campus Union - 11:45 a.m.

April 10 & 11 . . . . 2008 NEOPA Spring Conference
. . . . . . “April Showers Bring. . . A Rainbow of Opportunities”
. . . . . . The Cornhusker Hotel, Lincoln

April 11 . . . . . . Deadline for UNOPA Notes Articles

April 23 . . . . . . Administrative Professionals Day

April 24 . . . . . . Mentoring Workshop
. . . . . . General Wellness, Stress Management
. . . . . . East Campus Union - noon - 1:00 p.m.

April 29 . . . . . . Mentoring Workshop
. . . . . . General Wellness, Stress Management
. . . . . . City Campus Union - noon - 1:00 p.m.

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