



# UNOPA NOTES

University of Nebraska Office Professionals Association

*"Jump In With Both Feet!"*

April 2019



## President's Message

### Hello UNOPA!

Could it be? Is Spring finally here? I sure hope so. Seeing the sunshine again sure makes the day better. We've had an eventful spring semester so far. In February, we had Allyson Rickertson from CEDARS come talk to us about the importance of self-care. In March, we had Kay Logan-Peters share with us some photos and stories about her book *The University*



*of Nebraska-Lincoln*, an illustrated history that is part of Arcadia Publishing's Campus History Series. April was our joint meeting with UAAD, with Executive Vice Chancellor Donde Plowman presenting "Leadership is the Willingness to Act." EVC Plowman also introduced our new Vice Chancellor for Diversity and Inclusion, Marco Baker. UAAD invited UNOPA to collaborate on a community service project for the People's City Mission where we wrote words of encouragement on cards to send to those who the People's City Mission serves. I am looking forward to our upcoming meeting in May where we will celebrate the Past Presidents and Retirees, the Rose Frolik Award, and install the 2019-2020 board.

One of the topics that EVC Plowman briefly spoke about, and that has also been a topic of discussion during the N2025 Strategy Team meetings, is relationships. Building relationships with not just the students on campus, but other faculty, staff, and administrators at all levels, and our community. UNOPA provides us opportunities each month to build relationships with the members of our group. Let's continue to work on building those relationships not just within our membership, but with faculty, administrators, students, and community members all over the University of Nebraska!

I wish you all a wonderful April!

*Kelsey Sims*

## UNOPA's Mission

Education is the birthright of every person. We as members of the University of Nebraska Office Professionals Association pledge ourselves to safeguard that right. We acknowledge the unique role of educational office professionals and the importance of their contributions to the university and the community. The purpose of UNOPA is to provide professional growth and promote high professional standards for educational office professionals with the University of Nebraska, as partners, upholding the quality of service to the university educational system and the community.

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NEOPA: <https://sites.google.com/site/neopanebraska/>

NAEOP: <http://www.naeop.org>



## Spring Game

Another near-sell-out crowd for the Spring Game and a beautiful day to sell parking spots at the UNOPA game-day parking lot! We sold 83 spots for our last Saturday of the year, so not a bad day at all. Thanks to the following people for helping out on Saturday:

Roddy & Jim Spangler  
Amanda & Chris Gleason  
Jennifer Greenlee  
Christina Franklin  
Jane & Scott Schneider

Their names will now be placed (with the other parking lot helper names from the fall) in a drawing for gift cards to their favorite eating establishment.



*If you have never worked the UNOPA parking lot on game days, this is what you're missing!! Time with friends (old & new!), fresh air, and LOTS of laughter and fun!! At least Christina (l) and Jennifer (r) think so!!  
Thanks ladies!!*

## Let's Celebrate some Birthdays!

Christina Franklin – April 5  
Diane Wasser – April 11  
Roddy Spangler – April 15  
Linda Arnold – April 17



## MARK YOUR CALENDARS!

April 4 – **NEOPA Spring Event**  
April 9 – UNOPA | UAAD Combined General Membership Meeting  
April 11-13 – **North Central Area Professional Development Day** / MAEOP Spring Workshop, St. Charles, MO  
April 13 – **Red/White Spring Game**, parking lot sales  
April 15 – **Deadline for Rose Frolik nominations**  
April 16 – Brown-bag Workshop: Microsoft Office Updates with Ranelle Maltas @ Whittier  
May 8 – Self-Defense Workshop for Women  
May 14 – **General Meeting and Past Presidents/ Retirees/Rose Frolik Award Luncheon**  
May 15 – Brown Bag Workshop: Budget Restructuring/Redesign  
July 15-20 – **NAEOP Annual Conference**, Boise, ID

## An Opportunity to Serve

The Chancellor's office is actively seeking applications and nominations for the **Chancellors Environment, Sustainability, and Resilience Commission**.

Chairperson Dave Gosslelin said they want to see representation from the departments to make UNL more environmentally friendly and sustainable. I would like to nominate someone from UNOPA. Please let me know as soon as you can if you're interested in serving on this commission. The application process takes less than 10 minutes and I'd be happy to submit your name and contact information through the website. The process can be accessed here: <https://sustainability.unl.edu/ccesr-nomination-form>. More details are on this webpage: <https://news.unl.edu/newsrooms/today/article/sustainability-program-gears-up-for-expansion/>.

Thanks,

*Kathy Schindler*  
*Employee Concerns Committee*



## The Past, Present & Future of UNOPA: May General Meeting

Past Presidents and Retirees, Rose Frolik Award, and Board Installation

May 14 | 11:45 am-1:00 pm | Willa Cather Dining Complex

The Rose Frolik annual award was established in 1988 to recognize a member who demonstrates the attributes of UNOPA's founder and first president, Rose Frolik. Rose was an enthusiastic, energetic person who challenged life and felt that how you do your work may be a lot more important than what you do.

The buffet lunch will be a Midwest Fiesta including flour tortillas or tortilla chips, seasoned ground beef or chicken fajita strips, and your choice of toppings. If you would like to purchase lunch, the cost is \$12.00. We accept cash, checks made out to UNOPA (mail to Amanda Lager Gleason, CHA 220, EC 0726), or you can provide a cost object number to Amanda Lager Gleason at [alager2@unl.edu](mailto:alager2@unl.edu).

If you wish to purchase lunch, you must RSVP and pay for your meal no later than May 6.

No brown bag meals are allowed in the Willa Cather Dining Complex. If you wish to eat at this event, you must purchase a meal.

Beverages will be provided to all guests whether or not they have purchased a meal.

# Women's Self-Defense Workshop

**Officer Price from the Lincoln Police  
Department will be providing a hands-  
on self-defense workshop.**

**When:** Wednesday, May 8, 2019 1:30pm-4:30pm

**Where:** Auditorium of the Facilities Management Shops (Rm. 102)

*Directions and a map will be sent out prior to the workshop*

**Registration Deadline:** Friday, May 3

**Register online here:**

<https://www.eventbrite.com/e/womens-self-defense-workshop-tickets-58998561285>

**hosted by the University of Nebraska Office  
Professionals Association (UNOPA)**

Please contact Lorraine Moon ([lmooon1@unl.edu](mailto:lmooon1@unl.edu)) or  
Debbie Hendricks ([debra.hendricks@unl.edu](mailto:debra.hendricks@unl.edu)) if you  
have questions





# N Wellness Services



Order either BBQ corn & black bean pizza, grilled pork chops with apples, paprika chicken asparagus and sun-dried tomato skillet, or all three! Registration for this event closes on May 3rd.





April 24, 2019  
5 - 6 pm

## COOKING DOWN YOUR PANTRY

*Nearly 1 in 3 students on our campus worries about not having enough food until they get money to buy more.*

Donate an item to the Huskers Helping Huskers Pantry+ and learn from the Nebraska Beef council how to use your common pantry items or Pantry+ items to make a delicious meal.







## IN A MOMENT YOUR LIFE CAN CHANGE FOR THE BETTER

She was an Uber driver who picked me up at the Dodgers spring training last year. I had just spoken to the team and had to quickly get to the airport to make my flight. I wasn't sure if I would find a ride to the airport but the second I pressed confirm pickup, the car was there with the door open. She had just dropped someone off. I never had that happen before.

It was a nice car and I asked her why she drove. She said she had just lost her job and was supporting her two kids and husband who had also just lost his job. I could tell she was struggling and offered her some positive words about her family and future. She asked what I did and when I told her she said she loved those kinds of books and listened to inspirational messages.

Jon and Marlo gave her my website and promised to send her a book if she emailed me. That Uber driver now works with me and our company. Her name is Marlo and she is thriving!

It's a great example that life can change in a moment. You never know where your next opportunity or new great team member will come from. You never know how your life can and will change from a meeting, an event, a call from an old friend, a chance encounter.

Life is not static, it's dynamic. It's always changing.

Don't get stuck thinking that your life can't and won't change for the better. Don't go through life focusing on your problems with your head down.

Instead keep your eyes open and your head up. Be open to new possibilities. Be kind to people. Take action. Believe that something great is coming your way. Maintain hope. Believe in what's possible.

Marlo no longer drives a car for Uber. Now she manages our Positive University Podcast. She works with potential clients who want to book me or one of our speakers for an event. She helps with event logistics. She works from home and is able to spend more time with her children. Her husband found another job at a bank.

Marlo has made our team and company better and our fateful meeting is proof that no matter what we are going through at the moment, our lives and teams can change for the better.

- Jon



## MICROSOFT UPDATES

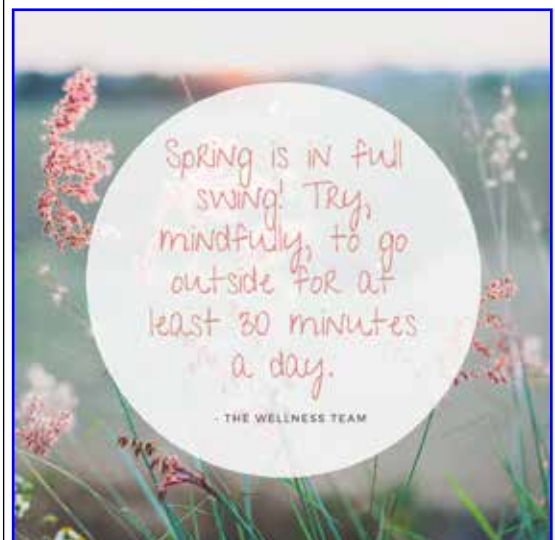
Ranelle Maltas will fill us in on all the latest Microsoft Updates.

**Date:** April 16, 2019

**Time:** 12:00–1:00 pm

**Place:** Paul Research Center  
at Whittier School  
Room 152

Feel free to bring your lunch!  
This is a brown-bag meeting.





## Pebble

One reason you're on this planet is to discover all the reasons you're on this planet. Go find your reasons!

CORY MOEN

written and shared by Cory in Kearney, NE

## Boulder

There is a dance only you can do, that exists only in you, here and now, always changing, always true. Are you willing to listen with fascination? If you are, it will deliver you unto the self you have always dreamed you could be. This is a promise.

GABRIELLE ROTH

shared by Pete in Sedona, AZ

## Ponder

I had an engaging exchange with Cory about his emerging life philosophy that we feature as today's pebble. I particularly liked his reminder that finding meaning and purpose in life is an ongoing process and not a "once you find it then you're done" kind of thing.

I also like the perspective that there isn't just One Thing we're here to do in this lifetime. We might find different reasons for different areas of our lives (work, home, community, etc.) and we also might have directions that evolve over time. One period in our lives might be really focused on one particular goal, and then we get to another chapter and find that it is time to move in a different direction and focus on something entirely different.

What I love most about his philosophy is that finding purpose isn't a passive process where you just sit and wait around for it to show up. Meaning is more likely to make itself known if we're out and about in the world, taking chances and trying different things.

If you're in a groove right now with a solid sense of direction, take some time this week to celebrate! If you're struggling or just feeling a little lost at the moment, take heart: finding your dance is sometimes difficult, and most of us experience at least occasional periods of feeling lost and unable to hear any music at all.

It might be helpful to keep your eyes open for opportunities to try new things that the universe plants in your path. Tackling a new project, or sampling a new hobby or community service effort might help you find a new rhythm.

Alternatively, it could be useful to just sit in the not knowing and notice what it is like to not have a solid direction at the moment. You might learn a little something about yourself, and that might lead to an insight that leads you in a new direction.



Peace,

*Paul*

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## Upcoming Brown Bag – May 15

Reserve May 15 on your calendar for a Brown Bag on the Budget Restructuring/Redesign, to be held in the Colonial Room, Nebraska Union, at noon. Bill Nunez, the recently named Vice Chancellor for Business and Finance, will share details about the Budget Redesign.

In the fall of 2016, Chancellor Ronnie Green formed a task force to perform a review of the University of Nebraska–Lincoln's existing budget system in order to better align the University's budget allocation with university goals and objectives. The task force released its full report in the spring of 2017 and recommended UNL move from a Central-Administration Management (CAM) model to a modified Responsibility Centered Management (RCM) Model.

**What is RCM** – Responsibility Center Management (RCM) is an incentive-based management philosophy designed to support the achievement of the University's mission by decentralizing budget authority—transferring it from central administration to individual schools or programs.

For more information on this, go to: <https://budget.unl.edu/responsibility-center-management>. Or contact Lorraine Moon, Debra Hendricks or Kathy Schindler.



## Piece by Piece...



### Quilt Raffle

Here's your chance to win this beautiful quilt!

Tickets:

1 for \$5.00

4 for \$15.00

6 for \$20.00

**Drawing will be held on Monday, July 1, 2019.**



A fundraiser in support of Mary Guest, a longtime member of UNOPA, NEOPA and NAEOP, to help cover expenses as she takes on the responsibilities of the 2019-2020 president-elect and 2020-2021 president of our National Association of Educational Office Professionals.



April is Child Abuse and Neglect Prevention Month. Your donation to CEDARS helps provide resources, support and education to families, so that children have the safety and stability they need to reach their full potential.

### Two Ways You Can Support Kids and Families in CEDARS Care This Month



#### Dine Out With Us!

All day on April 24th, Panda Express at 1317 Q Street in Lincoln, will be donating 20% of sales to Cedars. See Kelsey's 4/4/19 email to find the accompanying flyer that must be presented when ordering. If ordering online, enter code 265177 during checkout.



Hy-Vee is known for having a helpful smile in every aisle. Now, shoppers have one more reason to smile. During the month of April, local Hy-Vee locations are getting into the philanthropic spirit by collecting monetary donations for CEDARS. Collection boxes will be displayed in checkout lanes.

If you shop at Hy-Vee during the month of April, would you consider donating your spare change to the vulnerable children and families served by CEDARS?

*"Every little bit helps," says Kristine Morton, vice president of CEDARS Home for Children Foundation. "This community has a long history of providing support for the families we serve. In fact, we couldn't provide the high level of care we do without them. As we walk alongside families and help them grow stronger, it's the kindness and compassion of this community that makes all the difference."*



**Minutes of the  
UNOPA GENERAL MEMBERSHIP MEETING  
Arbor Suite East Union  
11:45a.m.-1:00p.m.  
March 12th, 2019**

President, Kelsey Sims, called the meeting to order 11:55a.m.

**Approval of corrected February 2019 General Membership Meeting Minutes. Motion by Lisa King, seconded by Christine Franklin. Motion Passes.**

**President – Kelsey Sims:** Joint meeting with UAAD will be in April. Spring game is coming. The sign up has been sent out, Kelsey will send it out again. Please take an N150 pin from the table. Please send your nominations to Tonda.

**The February Treasurer's report will be filed for audit. There were no questions.**

**OFFICER AND COMMITTEE REPORTS**

**Career Development – Lorraine Moon / Debbie Hendricks**

There are two workshops coming up. Both are open to all University employees: April 16, Microsoft Workshop & May 8, Self Defense Workshop.

**Outreach – Lainey Bomberger and Amanda Lager Gleason**

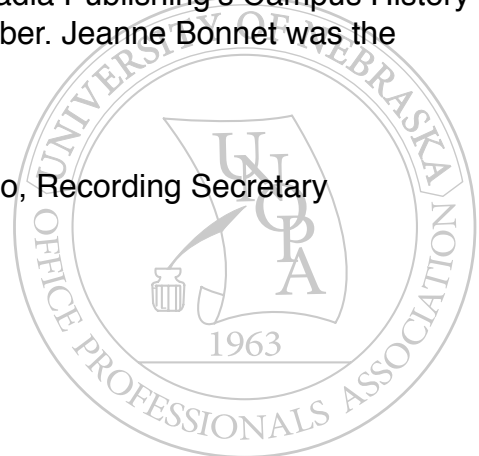
50/50 drawing awarded to Barb Homer. \$22.00 was collected. \$11.00 went to Barb Homer and \$11.00 went to Huskers helping Huskers. Mardi Bonner won the book "Dear Old Nebraska U, Celebrating 150 Years."

**UNOPA NOTES – Judy Anderson:** Help support our newsletter, send some ideas or information to Judy! Some examples to send in for the newsletter are department information, campus events, and upcoming workshops. Monday, March 25<sup>th</sup>, is the deadline for the April newsletter.

**Speaker – Kay Logan-Peters**, professor of Libraries, presented on her book *The University of Nebraska–Lincoln, an illustrated history* that is part of Arcadia Publishing's Campus History Series. Kay gave away one of her books by selecting a number. Jeanne Bonnet was the recipient.

Meeting adjourned at 12:46p.m.

Submitted by: Jana Pillsworth-Wood substituting for Lori Soto, Recording Secretary

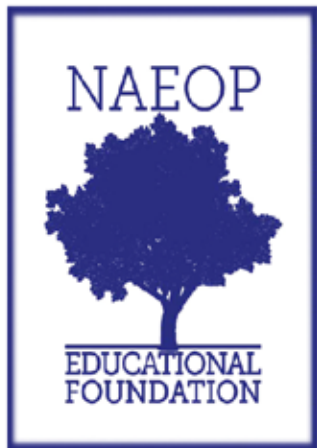




Photos from the March General Membership meeting with Kay Logan-Peters sharing about her book, *The University of Nebraska–Lincoln, an illustrated history*.







## **Financial opportunities for professional growth provided by the NAEOP Educational Foundation**

### **Conference Scholarship/Reimbursement**

We are instituting a new opportunity for four active members and two retired members to receive a \$500 Conference Scholarship/Reimbursement beginning with the 2019 Annual Conference. This reimbursement can

be used toward conference expenses including registration, hotel and travel. The recipients will be chosen with a random selection process. To complete the form, enter <https://goo.gl/forms/Ox6fcfrYLcOUFG3F3> in your browser.

### **The Elverda J. “Butch” Bender Educational Reimbursement Incentive (EJBBERI)**

These funds will reimburse participants up to \$200 for attending Summit classes (formerly Institute) and up to \$90 for attending Breakout sessions (formerly Briefings) at the annual conference. To complete the form, enter <https://goo.gl/forms/NGAT2zBYkE6IMruC3> in your browser.

### **Mona Smith Member Dependent Application**

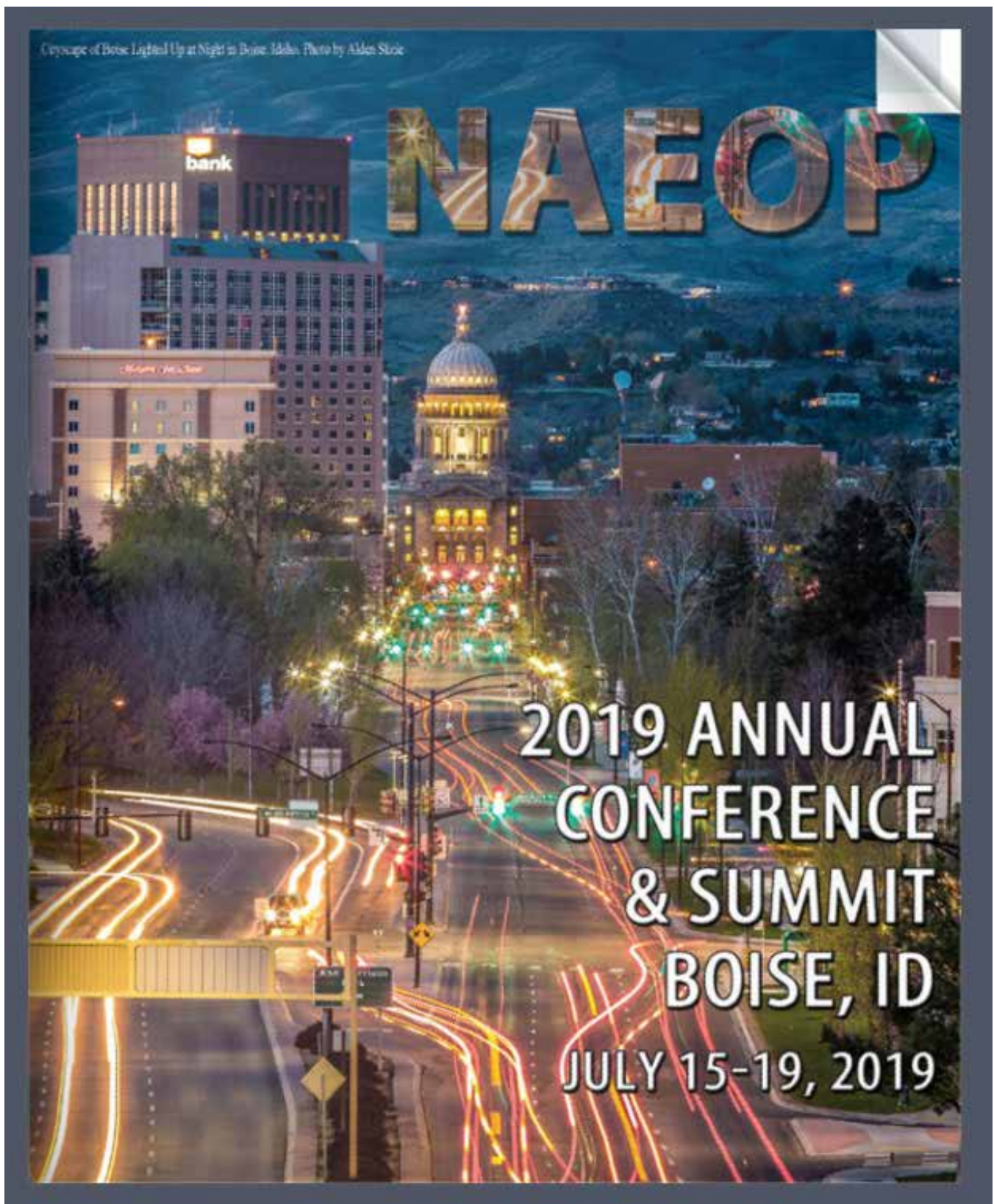
NAEOP members who have children pursuing a post-secondary education can complete the form by entering <https://goo.gl/forms/AXT7CzhFdIYJIZBC3> in your browser. There will be a random drawing of up to four individuals for a \$1,000 scholarship. The selected individuals then submit a copy of their transcript to Charla Callahan showing successful completion of the first semester and the reimbursement will be allocated at that time. Please submit names of dependents of members only.

### **Marion T. Wood Member Scholarship**

This form can be found and downloaded at [naeop.org](http://naeop.org) in the Members Only section under Foundation.



*Start making your plans NOW to attend  
the 2019 Annual Conference & Summit in beautiful Boise, ID!*







University of Nebraska Office Professionals Association

**N | 150**

**IN OUR GRIT, OUR GLORY.**

*April Showers Bring ~~May~~ April Flowers*

