**President’s Message**

What are you looking for from UNOPA? This is a question that I ask myself often as the Board looks to make the organization what you, the members, want from UNOPA. The membership was surveyed last summer and the Board has taken the input to heart. Whether it is programming, workshops, brown bags or meetings, we have tried to implement improvements to our organization to benefit everyone. Please continue to provide your input, since we can only get better if we work together. The Board will continue to make changes to reflect the needs and wants of the membership. Don’t be shy—let us know your thoughts!

As you look at what you want from UNOPA, are you also looking at what you can gain? Are you getting ready for your annual appraisal and have a supervisor who looks to see what you have done to improve your skills? Do you attend the workshops or brown bags to make yourself a better employee or for personal development? I urge you to build UNOPA into your calendar. Carve out time for yourself. Just as we hear that we have to make time to exercise by putting in on our calendar, do the same with UNOPA. Be intentional about your involvement. You’ll love the result!

If you missed the March membership meeting, you missed a tremendous speaker. Kacey is the UNL Victim Advocate and also works at Voices of Hope. She shared the ways we can identify abusive relationships as well as how we can safely assist as a by-stander. Over 60% of those in attendance were aware of someone who was in an abusive relationship. The statistics are astounding. If you or someone you know needs information or assistance, Kacey can be reached at the UNL Victim Advocate office at 472-0203. The Voices of Hope 24-hour hotline is 475-7273.

April brings several opportunities to you!

- At our general membership meeting on April 10 we will present our annual Rose Frolik Award and recognize our Past Presidents—always a great program and a nice time to reminisce with old friends.
- April 13 is the state workshop in Wayne, NE. Our national President, Allie Faye Matthews, will deliver the keynote talk: “Getting Out of Your Own Way.”

Have you ever felt you deserved the best, but didn’t know what was keeping you from achieving it? Remember the last time you woke up in a bad mood, and you told yourself it was going to be a rotten day? You will learn how to integrate their thoughts and feelings so they are harmonious as well as explore how we can stop self-defeating sabotages that keep us from getting what we deserve in life.

Enjoy the spring as we see new life with the trees and flowers opening up into full bloom. It's a beautiful time on campus. I look forward to see you this month.

—Cathy Robertson, CEOE, UNOPA President 2011–2012

http://unopa.unl.edu/membership/president.shtml
**The FROLIKers**

The definition of a “FROLIKers” member is a past president of UNOPA. The group is, of course, named for our founder and first president Rose Frolik.

Until 1995 past presidents of UNOPA got together only sporadically. Sandy Lineberry hosted events herself several times. Then she had a vision of what this group might be based on her experience with another organization. And thus the organization, now known as the FROLIKers, began in 1995, with Sandy as the first president. A president becomes eligible for membership automatically as her term ends.

The sole purpose of the group is to keep in touch and just have fun. THERE IS NO WORK associated with this group. (This article is probably the hardest work that I have done since becoming president of the group two years ago). Currently the group meets four times a year for breakfast at the Pantry Restaurant. Meeting reminders are sent to all of the past presidents several weeks prior to the meeting, so that all who are available may attend.

While the group has officers, they exist only to take care of minimal business. Dues are kept low and exist to pay our National dues. The FROLIKers’ organization is affiliated with the national organization primarily to keep members informed on what is going on at the national level. It also gives one of our members an opportunity to attend the Advisory Council at national conference if anyone wants to go. No financial support is given to attend.

Why not consider running for president of UNOPA and join us when your term is complete?

—Jan Harris, UNOPA Past President, jharris7@unl.edu

**PLAN TO ATTEND THESE EVENTS IN APRIL**

**April 10, 2012**

Also remember to bring peanut butter or jelly for the Lincoln Food Bank BackPack Program.

**April 13, 2012**

**April 20-22, 2012**

**April 26-27, 2012**

Let a series of happy thoughts run through your mind. They will show on your face.

—Author Unknown
The deadline to submit your professional development expenses for reimbursement from the Bradley Munn fund is April 15, 2012. Please submit your reimbursement request and appropriate documentation to: Mari Greer, 301 Canfield Admin Bldg., 0433. You can call Mari at 472-3554 if you have questions. The reimbursement forms are located on the UNOPA website. http://unopa.unl.edu/about/forms.shtml.

Reminder, the Bradley Munn Professional Growth Fund committee is raising funds by selling raffle tickets for a NOOK Color™ ($200 value.) at our April and May general meetings. The tickets are six for $20.00 or one for $5.00. If you can't make it to one of the meetings, please contact Mari Greer at 472-3554 and she'll be happy to help you. The drawing for the Nook Color will be on Tuesday, May 8, at our general meeting. This would be a great gift for the May graduate, or for Mothers or Fathers Day!

Love and Logic
A parenting program for raising today’s youth

Sponsored by the UNL Employee Assistance Program
April 4, 2012
12:00 – 1:00
City Campus Union

Parenting can, at times take parents to the edge. The Employee Assistance Program is introducing a parenting training program entitled: Love and Logic. This is a ten week program covering seven modules helping parents to develop a structure in which to raise their children to be responsible adults. The modules are entitled:

1. Four Steps to Responsibility
2. The C.O.O. L. Formula
3. The Science of Control
4. “O” is for Ownership of the Problem
5. “O” is also for Opportunity for Thinking
6. “L” Stands for Let Empathy and Consequences Do the Teaching
7. The Value of Chores

Sometimes parents have differing views on how to parent which can lead to conflict. Many parents are raising children alone. Love and Logic offers a way around power struggles, managing irresponsibility and disrespectful behaviors by helping parents enable their children to sense of personal responsibility for their own behavior.

Join us on April 4 from 12:10 to 12:50 (bring your lunch) at the City Campus Union to learn more about the program.

For more information call the Employee Assistance Program at 402-472-3107.

On March 6, 2012, the Executive Board approved a change in the Duties of Committees which combines the Mentoring Committee and the Outreach Committee. The board felt the current Outreach Committee with the summer social as the only duty was too limited. The new committee will be called the Outreach committee and will retain all the responsibilities of both committees.

New duties: The Outreach Committee shall be responsible for developing a mentoring program for UNOPA. This may include, but is not limited to, workshops, individual mentoring partnerships, web page information or online information. The Committee shall also be responsible for organizing and coordinating the annual summer social.

—Pat Hust, Bylaws Committee, phust@unl.edu

Every spring is the only spring—a perpetual astonishment.
—Ellis Peters
Dan Duncan, Executive Director of the Nebraska Innovation Campus, gave a current overview of Innovation Campus. Dan said the “vision statement” was carefully crafted to attract companies who will interact with the university: A dynamic environment where university and private sector talent transform ideas into innovation that impacts the world. The focus of the campus will feature three themes: food, fuel, and water.

At full capacity the campus is planned to hold up to 7,000 people in 2 million square feet. One-third of the employees are expected to be UNL employees, while the remaining two-thirds will be employed by non-profit and for-profit companies.

Dan talked about a schismatic plan to reduce the environmental footprint of the campus by producing on-site heat and electricity through a non-profit corporation and creating options to maintain electricity and fiberoptic connections in case of outages caused by weather or human error.

More information about the evolving Innovation Campus can be found at the web site: http://innovate.unl.edu/

—Linda Ratcliffe, UNOPA Representative to Faculty Senate, 2011-2012, lratcliffe1@unl.edu

March Faculty Senate Meeting Report

The March 13 general meeting was held at the Jackie Gaughan Multicultural Center. Our guest speaker was Kacey Barrow with the Victim Advocate Office/Voices of Hope. Kacey gave us a very informative overview and explanation toward understanding the various situations in which assault can occur and the variety of help in place for victims. Everyone attending the meeting wrote a “N” or “Y” on a slip of paper to indicate if they or someone they knew had experienced some kind of assault. Kacey said the resulting 65% of “yeses” show how this touches our lives. The Victim Advocate Office is located in 340 Nebraska Union; the Voices of Hope is located at 2545 N Street; 24-hour crisis line: 402-472-7273.

Nelvie Lienemann presented the ballot for election of officers: Jaime Long for Treasurer, Lisa King for Corresponding Secretary, and Shawn Sheets for Recording Secretary. The position of President-Elect was opened for nominations. Mary Klucas accepted the nomination. Ballots will be sent out electronically.

Jan Edwards won the 50/50 drawing, and one person at each table won a centerpiece of St. Pat’s Day Brown Bags! As always, the hospitality committee did a wonderful job.

NAEOP QUILT RAFFLE

NAEOP Educational Foundation announces a quilt raffle. A 30-year-old top, hand-pieced by an unknown artist in the flower garden design was machine quilted more recently in Kentucky. Tickets are $1 each or 6 for $5. Send tickets and money to

Mimi Pike, Fundraising Chairman
115 Rineyville-Big Springs Rd
Rineyville, KY 40162


COACHING FOR LEADERS

UAAD [University Association for Administrative Development] presents Coaching for Leaders, 1:30–4:30 p.m. on April 16 in the Jackie Gaghan Multicultural Center. Presented by Keith Niemann, professional coach and IANR Extension Consultant, this seminar will focus on fundamental of coaching for the workplace, and feature five learning objectives.

Open to all UNL staff and faculty, but enrollment is limited. The registration fee if $10 for UNOPA and UAAD members, $25 for all others.

For more information, contact Nancy Myers, nmyers1@unl.edu. http://uaad.unl.edu/sites/unl.edu.uaad/files/downloads/Spring2012Workshop.pdf
Dear UNOPA Members,

Since we now have our elected officers nominated, as President Elect I am able to start asking members to serve as 2012–13 UNOPA Board, Standing/Ad Hoc Committee Directors.

Serving on the UNOPA Board does not require a huge time commitment and is one of the best ways to network and make friends across campus. It’s fun, gets you involved, and allows you to grow and develop your talents and strengths. Being a Committee Director is an excellent opportunity to also develop your leadership skills while being a supportive UNOPA member. Like any other organization, the more involved someone is within UNOPA, the more rewarding membership will be.

I recently sent out a list of the duties of each Committee Director and the person currently holding the position. I’m sure any of them will be more than happy to answer any questions about their duties. Please Note: Questions regarding the Awards Committee should be directed to Barbara Homer. The Outreach and Mentoring committees have been combined for the coming year and either Jane Schneider or Mary Klucas can answer questions relevant to those areas.

Since the installation of the new board is May 8th, please let me know as soon as possible which Committee Director position interests you.

Thanks for considering this request; I hope to have emails flooding my in-box soon!!!!!

—Linda Luedtke, CEOE
lluedtke1@unl.edu
President Elect, UNOPA 2012-13
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Hixson-Lied College of Fine and Performing Arts
102 Woods Art Building
Lincoln, NE 68588-0144
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