UNOPA Notes, February 2018
Greetings!

Burr, is ever cold outside!! I’m writing this on Ground Hog’s Day, and unfortunately “Phil,” the famous groundhog, saw his shadow. So according to the legend we’re in for six more weeks of winter. Bah Humbug!!

I hope everyone is staying healthy as this has been a bad year for influenza. Some staff and faculty in my office have been hit hard with the flu bug and it just seems to linger on forever. I know they recommend getting a flu shot but I have only had one in my lifetime and so far I’ve been fine. There are several basic precautions you can take: 1) stay at home if you are sick; 2) wash your hands frequently with soap and water for 20 seconds or use hand sanitizer; 3) cover your coughs and sneezes with a tissue; and 4) maintain a healthy lifestyle; attention to rest, diet, exercise and relaxation helps maintain physical and emotional health.

I hope you plan to attend the February 13 general membership meeting at NET. Karen Kassebaum, director of Staff Diversity and Inclusion, will be the guest speaker. The title of her program is: OUCH! That stereotype HURTS! We will learn the impact of stereotypes and biased statements, even when casually said, and the reasons people sit silent in the face of bias and stereotypes.

Karen also presented a Brown Bag Discussion on January 19 where UNOPA members brainstormed about UNOPA and UAAD possibly forming a staff council. There was extensive discussion on the benefits and qualities of UNOPA with many more discussions to follow. Please plan on attending the next session as this is your time to share your opinions. There is a full report with more details of the talking points on page 4 of this newsletter.

I encourage you also to take advantage of the professional development opportunities UNOPA has scheduled in February and March. The Career Development Committee will be hosting two excellent speakers who will be

(president’s message continued on next page)
Thank you!!

nomination forms as soon as possible.

that were sent to you in a January 22 email.

to read the UNOPA officer duty descriptions
nominate yourself. Please take a few minutes

It is time once again to be thinking of who you want to lead this organization for the 2018-2019 term. As a member of UNOPA, you can help chart the future of this organization. Consider your strengths, challenge yourself and, if you would like to be an officer, nominate yourself. I hope that when Marcy Tintera calls you to run for an office, you will step out of your comfort zone and say yes.

Finally, nominations are now being accepted for the Rose Frolik Award to be presented at the April 13 luncheon meeting. This award was created to recognize a UNOPA member who demonstrates the attributes of our UNOPA founder and first president, Rose Frolik. Rose challenged life and felt that how you do your work may be a lot more important than what you do. Information about eligibility and criteria can be found in this issue. For questions, please contact our Awards Director, LaRita Lang.

Still Time to Nominate Candidates to the Board!

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Thank you!!
What’s all this talk about UNOPA merging with UAAD? What is this about a Staff Council?

It was about a year ago that remarks were made by the Chancellor at two different UNOPA meetings, questioning why UNL has two staff organizations. Those remarks triggered several people to start researching what are the options for a Staff Council, and how are staff organizations at other schools organized.

On Friday, January 19th, Karen Kassebaum, director of Staff Diversity and Inclusion in the Office of Human Resources, presented a Brown Bag Luncheon in the Nebraska Union for members of UNOPA to brainstorm about what a Staff Council could be, and to consider what UNOPA could be in the future.

Dr. Kassebaum broke attendees into several smaller groups and asked that they consider three questions:

1. Who would you say is responsible for staff professional development, staff networking and making sure that staff feel like they belong?
2. What are the benefits/qualities of UNOPA for the staff that UNOPA serves? Besides: National Affiliation, National Certification/Finances/Awards.
3. Could all staff benefit from the qualities that UNOPA offers?

Extensive discussion was held in going over how individuals answered the questions, and what those answers revealed about our organization. Dr. Kassebaum had visited with the president of UAAD earlier, and shared that the common mission of both UAAD and UNOPA included networking and professional development.

Clearly, there are many details that would need to be ironed out before any decisions can be made, but it is just as obvious that UAAD and UNOPA share a common mission. What is the direction—the future of UNOPA?

Stay tuned for more discussion—and take advantage of the opportunity to share your opinions. This could be a pivotal moment in the history of our organization!

Upcoming Professional Development Opportunities

February 20: Jan Deeds will present a workshop on “Bystander Intervention.” The workshop will be a brown-bag event taking place over the lunch hour (11:30–1:00) at the Nebraska Union. More details to follow.

March 19: Scott Stemper from Region V Systems will give a presentation on “Suicide Prevention.” This brown-bag workshop will be held over the lunch hour (11:30–1:00) at the Nebraska East Union. More details to follow.

North Central Area Professional Development Day

April 12-14, 2018

A combined NEOPA and North Central Area Professional Development Day (NCADD) will begin with a dinner and speakers on Thursday, April 12, at Tanner’s, 70th & A Streets, 5:30-8:00 p.m. The actual conference will begin on Friday, April 13, at SCC Continuing Education Center on S. 68th Street; ending Saturday morning with a brief NCA business meeting and 2018 NAEP Annual Conference planning meeting. There will be a surprise incentive to attend the Saturday session which will be announced soon.

More information on speakers and registration will be available soon. But save the dates NOW!
Do you take care of others and have nothing left for you? Has life kicked you with a wallop or two and you wonder if you’re woman (or man) enough to get up and get going again?

Women juggle so much. We keep a mile-long list of must-do; want to be there for everybody even when we can’t!! Many women care for young children and aging parents at the same time. Women juggle pregnancy with job deadlines and soccer schedules. Mature women handle adult children who boomergang home following messy divorces, layoffs or post-bubble economic meltdowns. Parents are living into their 80s and 90s, and frequently daughters are their caregivers. These are awesome challenges. So what is a woman to do?

LIVE A BIG LIFE!

When I say BIG life, I mean the breadth, depth, and quality of your life; not the number of years you live or the number of material belongings you acquire. As someone who watched her husband battle pancreatic cancer at the young age of 57 and pass away at age 60, I know firsthand that your life can change in a heartbeat. Material belongings really don’t complete us as human beings. Don’t get me wrong as I love my beautiful home, going on wonderful vacations and enjoying lovely dinners with my friends. However, there is much more to life. There is more we can do to add depth and breadth to our life.

A BIG Life is supported by 5 Pillars: Career, Family, Financial, Spiritual, and Wellness. Career includes women who manage their households, caregivers and retirees. Family includes good friends, neighbors, and pets.

While these Pillars stand alone, they are intertwined. For example: Financial fitness keeps stress at bay thus impacting the Wellness Pillar. Career impacts the Financial Pillar which means you can maintain your home, take care of your family and support a local cause. When we are spiritually connected, we operate at a higher level and experience more meaningful relationships. Being connected to family is essential to a happy and healthy life. Taking care of our bodies and fueling them with the right foods or activity trigger the “happy” endorphins which stimulate creative thinking and help manage stress.

I’ve been a daughter, sister, mother, grandmother, career woman, wife and now, widow. I have learned that women need to support a local cause. When we are spiritually connected, we operate at a higher level and experience more meaningful relationships. Being connected to family is essential to a happy and healthy life. Taking care of our bodies and fueling them with the right foods or activity trigger the “happy” endorphins which stimulate creative thinking and help manage stress.

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Happy Valentine's Day!!